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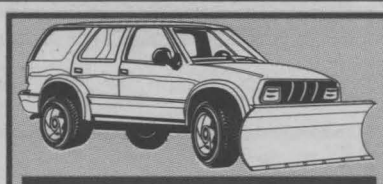
December 6, 2002 | Volume 16, Issue 50 | Serving Cornwall and Area | www.cornwallseawaynews.com

Brownies Take First Place



The 17th Cornwall Brownie troop won first place in the Scouting/Brownie Category during the Santa Claus Parade. Twenty-six brownies, three leaders, and three junior leaders participated.

On Thursday, November 28th, 2002 Parade Chairman Jake Lamoureux offered a plaque to some of the Brownies. Kneeling in the front are (left to right): Samantha Montpetit (age seven), Megan Lefebvre (age seven) Brennah Levac (age seven), and Paige Lapansee (age eight). Seated in the back are (left to right): Melanie Deschamps (age eight), Heather Smith (age eight), Emily Lafrance (age seven), Emmily Lefebvre (age eight), and Lynella Thew (age eight). Photo by Chris McPhee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Canadian Alliance MP In Chesterville



Canadian Alliance MP Deborah Grey (centre) is greeted by Guy Lauzon (right), the Canadian Alliance candidate in the last federal election, and by Julie-Anne Miller (left), President of the SD&C Riding Association. Grey spoke to a crowd of about 160 Tuesday evening, November 26th, 2002 at the Chesterville Arena.

Photo submitted by G. Shaver

Gifts That Keep On Giving

Holiday entertaining can be hectic, but the Eastern Ontario Health Unit (EOHU) is offering something free – to help everyone breathe a little easier: the "Enjoy Smoke-Free Holidays" home and car kit or event kit . The kits contain tips to providing a smoke-free environment to family and guests during the holidays...and beyond.



The Home and Car kit includes smoke-free home and car decals, instructions for making tree ornaments, and colouring placemats for children. The Event kit includes posters, tabletops, and information on your responsibility as the host of the party. Both kits include important information on the harmful effects of second-hand smoke.

"The holiday season is a time for family, friends and giving. What better time to provide a healthy, smoke-free environment: a gift that costs nothing yet proves you care so much," says Louise Simmons of EOHU. The free kits are available at all health unit offices or by calling (613) 933-1375 or 1-800-267-7120 and ask for Health Line. You can also order on-line at www.eohu.on.ca.

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Del Monte
Fruit Cups 142 g ..... 2 FOR $5.00

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Muffins, 500g ..... $2.69 pkg.

DID YOU KNOW?

Farm Boy's 21st Anniversary Sale continues all this week!

For fresh holiday ideas visit Farm Boy and ask about our scrumptious party platters, beautiful gift baskets, and gift certificates.

We reserve the right to limit quantities. While supplies last.

Specials in effect from Saturday, December 7th to Friday, December 13th

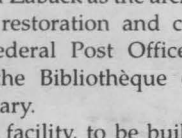
Architects For Aquatic Centre Appointed

The Project 2000 Committee is pleased to announce that Rounthwaite, Dick and Hadley Architects in association with Shoalts and Zaback Architects have been awarded the contract to design the new Cornwall Aquatic and Recreation Centre. The community will be familiar with Shoalts and Zaback as the architects for the successful restoration and conversion of the old Federal Post Office on Second Street to the Bibliothèque de Cornwall Public Library.

The new facility, to be built adjacent to the Civic Complex, will comprise an eight-lane swimming pool, a wading pool, water slide, and a whirlpool. The centre will also become the new home for the Cornwall Curling Centre with the provision of a six-sheet curling rink. The architects have commenced finalizing the detailed program of requirements and will be presenting the schematic design to Council early next year. The implementation of the project is being managed by MHPM Project Managers Inc. in conjunction with the City. Construction is scheduled to start in August 2003 with completion at the end of 2004.

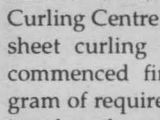
Rick Saaltink, the Chair of the Project 2000 Committee, explained that the work of the Committee is not finished. The Project 2000 Committee together with the Curling Centre Committee will be actively involved in reviewing the design as it's developed by the Architects to ensure that the program requirements and budget targets are being met.

Christmas Specials
for your home

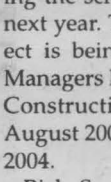


Roaster with Cover 42cm $150

Deluxe Pasta Cooker Set 24x22cm $79



20 pc Porcelaine Dinner Sets
3 patterns to choose from
$25.95 set



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• Brandy Glasses
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• Wok with glass cover - 35cm $54.95
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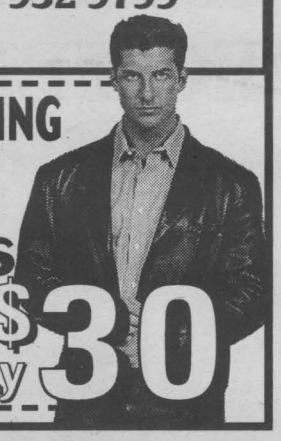

LOCAL

Team Cornwall Breakfast Meeting

Team Cornwall invites you to our most popular meeting of the year, as Paul Fitzpatrick, Manager of Cornwall Economic Development presents his Year in Review.

Get a full recap of the year's success stories and a sneak preview of what we can expect for 2003.

View Mr. Fitzpatrick's presentation on the big screen at Galaxy Cinemas, Wednesday December 11th, 2002. Breakfast will be served from 7 a.m. till 7:30 a.m. Presentations will start at 7:30 a.m.

Book your seat now! Call Cornwall and Seaway Valley Tourism at (613) 938-4748 or download an invitation at www.teamcornwall.com/news.htm and fax it to (613) 938-4751.

Team Cornwall will also be launching their E-card. This is one meeting you don't want to miss! See you there.

Return To Normal Following Outbreak

The Cornwall General Hospital is pleased to announce that it has resumed normal activities as of Tuesday, December 3rd, 2002. We have successfully controlled the gastro-enteritis that struck some of our patients.

We ask for the community's cooperation because the cause of this outbreak is still in the community and will be for some time. We stress the importance for visitors to wash their hands before they visit a family member and before they leave the hospital. Further, visitors should refrain from coming if they are ill and they should restrict their numbers to two per patient.

The hospital would like to thank the community for their cooperation and understanding during this outbreak. We also very much appreciate the assistance of the medical staff and their understanding. Finally, all of the staff that have worked so hard to bring this situation under control are to be commended.

Service Club Carolling



The Service Club Council will be carolling on Sunday, December 8th from 12 pm - 5 pm to raise money for the Children's Christmas Fund. Money raised will be used to supply food for the less fortunate this holiday season.

HELP US HELP OTHERS.

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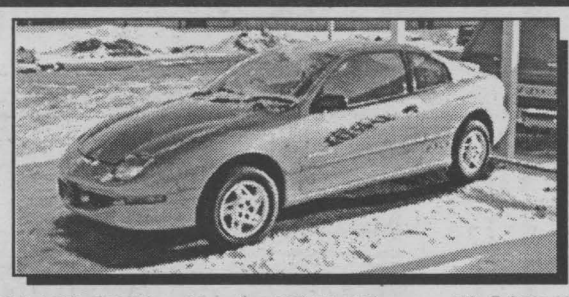

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Loaded, black, leather
picture not exactly as shown
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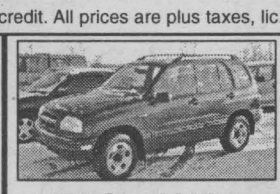

1999 Suzuki Vitara
4 dr., auto, 4x4,
stk#2537A4
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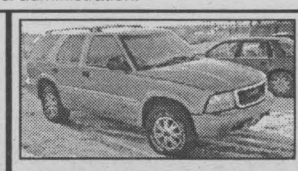

1998 GMC Jimmy
Leather, 4x4, loaded
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SMALL BUSINESS PROFILE

EOTB Works For The Future



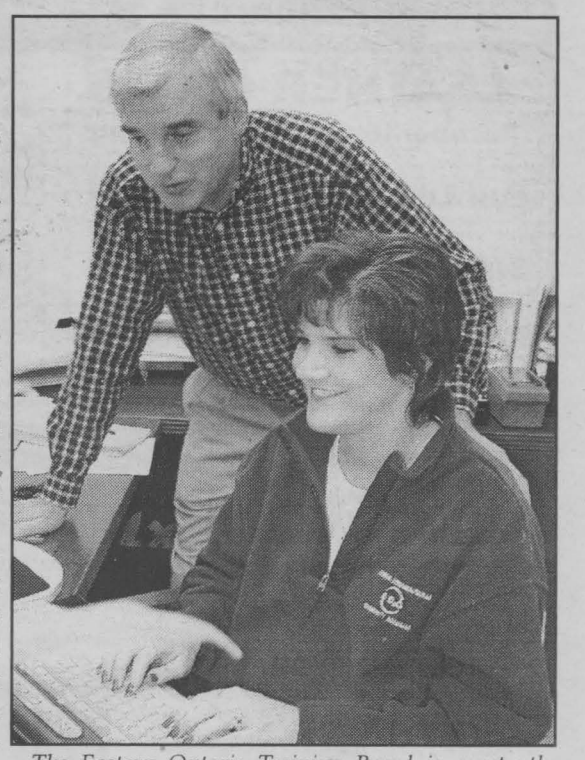
Since 1998, the Eastern Ontario Training Board has continued to be the champion for local labour force development in the Counties of Prescott, Russell, Stormont, Dundas and Glengarry by identifying needs and facilitating solutions. They accomplish this by researching, analyzing and validating local labour force development conditions and sharing findings with our community.

"Our mission is to facilitate the development of present and future work force," stated Denis Thibault, Executive Director for the EOTB. "We don't just find the information, we bring the data back to the community to see if that is truly what is happening. The whole idea is to bring people together with innovative approaches, to getting workers developed and make sure they will fit into the jobs of the future."

The EOTB, one of 25 training boards in the province and not-for-profit corporation, is co-sponsored by Human Resources Development Canada and the Ontario Ministry of Training, Colleges and Universities. It is led by a volunteer Board of Directors comprised of representatives from business, labour, racial minorities, persons with disabilities, women, francophones, and trainers/educators. The Board's mandate includes directing the planning and delivery of government training programs and employment related services.

"One of the things that happens when we have a good economy, like we have presently, is a shortage of certain types of workers," added Denis. "Our mandate is to identify priorities for training; making recommendations on programs and services to ensure they are accessible, effective and responsive to local needs; and working with community partners to resolve labour market and economic development issues."

On Wednesday, December 18th, 2002 the Eastern Ontario Training Board, in cooperation with the two English school boards, will be holding the first of four "Get SET" programs at St. Lawrence College for grade 11 and 12 students in SD&G, Prescott and Russell. The Board is bringing in several Science, Engineering, and Technology professionals for the students' information.



The Eastern Ontario Training Board is constantly working to develop the local work force for the future. Executive Assistant Francine Charbonneau and Denis Thibault, Executive Director, play a leading role in labour force development.

Photo by Chris McPhee

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LOCAL



Katherine MacDonald from Munro and Morris Funeral Homes volunteers her time to Bereaved Families of Ontario's seventh Annual Memory Tree in Cornwall Square. The tree is there to offer people, families, and the community a chance to remember loved ones.

Photo by Chris McPhee

The Memory Tree - For Those To Remember

This is the seventh year for the Bereaved Families of Ontario's Memory Tree at the Cornwall Square. Last year over 600 names were placed on the tree to remember those who are not with their families during the holiday season. Bereaved Families of Ontario welcomes everyone to come down and place an ornamental tag on their Memory Tree.

"The tree is to support those who have lost someone and would like to remember them during the Christmas season," stated Suzanne Brown, Program Director for BFO. "There is no charge because we want to do this as a service to the community."

Volunteers will be set up at the Cornwall Square to help people place their ornamental tags until Saturday, December 21st, 2002 Monday to Friday from 11 a.m. to 8 p.m., and Saturday and Sundays from 11 a.m. to 5 p.m. The tree will remain in place until Tuesday, December 31st, 2002.

"This season can be extremely tough for those grieving and we hope everyone comes down to place an ornament," added Suzanne Brown. "I would like to thank the over 60 volunteers who will be coming down to offer their help. Without them this would not be possible."

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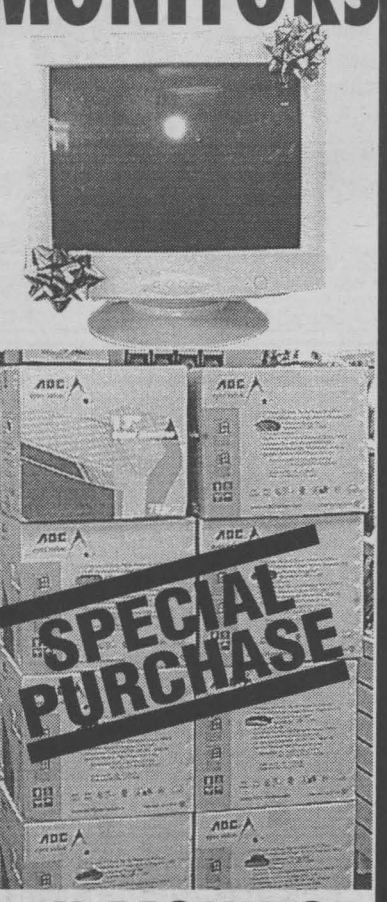

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LOCAL

TD-FEF Support Cornwall Outdoor Recreation Area

Once again the TD-Friends of the Environment Foundation (TD-FEF) has come to the support of a local environmental group. The Cornwall Outdoor Recreation Area (CORA) committee is a group of volunteers, resource agency and business representatives dedicated to the management of CORA. CORA is located just west of the intersection of Power Dam Drive and Cornwall Centre Road, formerly known as the Trout Quarry.

Over the past year, TD-Friends of the Environment Foundation has provided $2,932 for the production of 1,000 brochures and trail signage. The brochure identifies the different trails, highlights points of interest, and ownership history, and identifies permitted activities and partnership organizations. "The brochure has helped to advertise the site and all it has to offer to the public. We really appreciate the support received from TD-Friends of the Environment Foundation," says Sharon McCullough, committee volunteer.

Another portion of the funds was used to purchase trail signs. Since the committee was formed in 1999, over six kilometres of trails have been established. Five main trails can be found on the 200-acre CORA site. They are: Lookout Trail, Green Forest Trail, Habitat Trail, Upland Trail and Heron Roost Trail. "The best way to appreciate nature is to get out there and experience it. We are very proud of our group's accomplishments, and the trail signs provided by TD-FEF help to inform the public about what the site has to offer," says Yves Nadeau, Green Field Environmental Services representative.

Permitted activities at CORA include hiking, biking, canoeing, kayaking, angling, cross-country skiing, bird watching and ATV use. All members of the community are invited to come out and enjoy the great outdoors. Copies of the CORA brochure can be picked up at the Resource Stewardship office c/o Raisin Region Conservation Authority, 18045 County Road 2 (Grey's Creek Marina) or on the sign in front of the quarry on site.

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Music And Art Festival

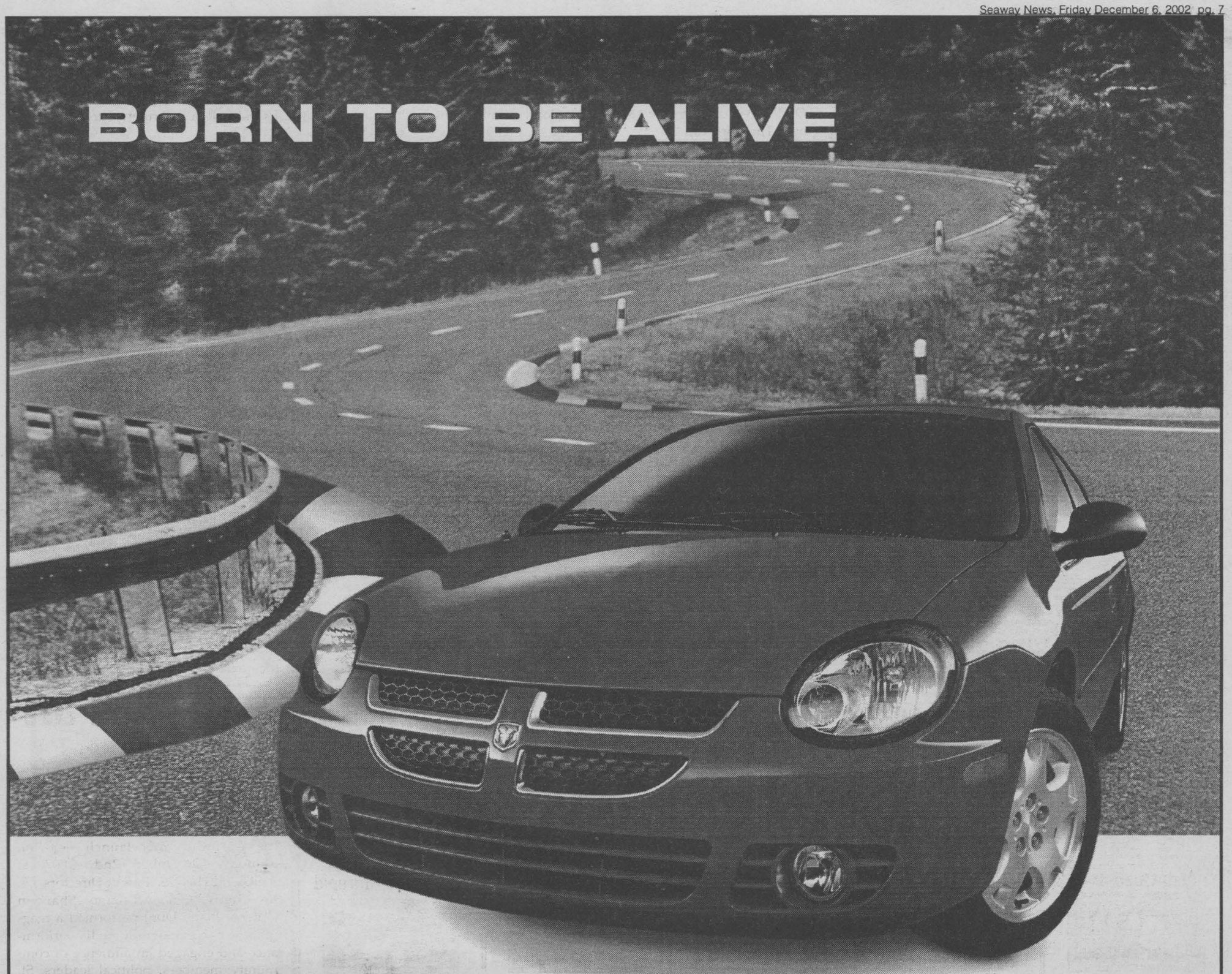
Support continues to grow for the Music and Art Festival Initiative as members of the community attended the Cornwall area launch held on Monday, December 2nd, 2002 at Aultsville Theatre. Project Directors, Dr. Joy Innis and Adrienne Shannon (Palenai Piano Duo) performed a magnificent two piano multimedia performance and engaged an audience of community members, political leaders, St. Lawrence College employees, arts and cultural groups and local high school students.

Speakers at the event including Cornwall Mayor, Brian Sylvester, Volker Thomsen, President, St. Lawrence College and Thais Donald, Chair, Festival on the St. Lawrence Steering Committee, offered their support for the initiative.

The five-member project team is currently researching festivals throughout the St. Lawrence Seaway and Eastern Ontario as well as aligning with cultural, educational and economic organizations to share the vision for arts and culture in the region. Over the 11-month project, opportunities will be identified to stimulate economic and cultural tourism and to further enrich the communities in this area through the arts. At the conclusion of the feasibility study, a prototype festival entitled Festival on the St. Lawrence will take place from Saturday, May 17th to Saturday, May 31st, 2003.

The Festival on the St. Lawrence will be developed according to a three-year plan. The Festival will present music and art in the beautiful historical venues of Southeastern Ontario and Northern New York State. Canadian and international musicians and visual artists will be invited for Artist Residencies and public presentations in communities along the St. Lawrence Seaway. The festival will offer creative outreach programs to integrate artists into the communities. Workshops, master classes and summer school classes will be established to provide numerous high quality educational opportunities.

Drs. Innis and Shannon believe this is a unique and exciting initiative for the arts. "There is a growing impetus in the region to develop events as part of cultural tourism, similar to festivals held in Stratford, Banff, Aspen and throughout Europe. This initiative is certain to produce a far reaching impact for the development of arts and culture in Eastern Ontario."



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EDITORIAL/OPINION

MRR Could Use Some Public Relations Help



Perspective

with Bob Roth

It's called a red herring.

Centuries ago, North American aboriginal people employed the tactic of dragging a fish across the trail to throw off pursuing tracking dogs.

Today, dragging out the "red herring" carries more symbolic connotations, but its goal is essentially the same - to divert attention from the issue.

It would appear that Material Resource Recovery President Damian Rodriguez knows his native lore very well, because he managed to drag out the mother of all red-herrings this week by claiming City Hall was going after his company's pollution problems to further its argument against the location of a new high school.

Now there's a whopper of a "fish story" if I've ever heard one.

MRR came under fire again when its carbon filtration system recently became overloaded and dumped pollution into the atmosphere.

This is not the first time the plant's east-end hazardous-waste incinerator has been in the news. In fact, in a letter to Ontario's Environment Minister, Cornwall Mayor Brian Sylvester notes that MRR has been fined for past transgressions.

The Mayor asked the Ministry to get tougher on pollution and adopt a "zero tolerance" policy. Rodriguez responded by saying the City is blowing the issue out of proportion and went so far as to suggest his firm is being used as a chess piece in the City's game of trying to stop a new high school from being located in the industrial park area.

Sorry, Mr. Rodriguez - it's a red herring.

Mayor Sylvester is right to pursue the pollution issue with vigor. The degradation of our environment has been ignored for far too long and repeat offenders need to be dealt with severely.

Mr. Rodriguez's assertion that accidents are bound to happen is anything but consoling. This type of an attitude - combined with the red herring tactics - only serves to undermine his position.

If the Mayor is concerned, it is only because he has heard similar concerns from other occupants of the industrial park - and from the employees who are exposed to the pollution.

His strong stand is entirely reasonable.

From a public relations point of view, I would suggest that Mr. Rodriguez stop trying to divert attention from his smelly problem by dragging out an even smellier non-issue.

The Mayor and the City as a whole deserve an apology from Mr. Rodriguez for his rash accusation.

Editor's Note: Letters To The Editor are always welcomed. Unfortunately, space is limited to print letters, therefore, please keep your letters to the point. Also, some issues and viewpoints change with time, therefore we will attempt to print all letters within 2 weeks. Letters dated after 14 days will not be printed.

Seaway News welcomes Letters To The Editor. Letters should be no longer than 200 words.

All letters are subject to editing and must bear the writer's name, address and phone number for verification.

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Send letters to:
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Letters to the Editor

Letter to Editor

Area residents with an interest in the registration and use of firearms as well as private property and privacy issues should make it a point to be at the Ramada Inn in Cornwall Thursday, December 12th, 2002.

A firearms registry meeting will get underway at 6:30 p.m. to discuss the Chrétien Government's Firearms Act and how it affects citizens today in various ways.

Organized by the Canadian Alliance Riding Association for Stormont-Dundas-Charlottenburgh, the event will feature a talk by Saskatchewan Member of Parliament Garry Breitkreuz, the party's firearms and property rights critic.

Many Canadians say the 1995 law is an expensive organizational boondoggle which fails to prevent crimes involving firearms, and is simply 'feel good' legislation from the Chrétien Liberals.

Association vice-president Guy Lauzon will be chairperson. The MP's talk is scheduled for 7:30 p.m.

Gerry Flaherty, Cornwall, Ontario

Letter to Editor

Pretty wreaths abound on doors. Candles will be lit on the Advent Wreath in many churches, reminding us once more to commemorate the wondrous birth of Jesus. He was sent by God His Father, to redeem or buy us back, who were dead in sin ever since our first parents sold out to Satan (Genesis 1, 2, 3).

That sweet Babe grew up and died on the cross that we might have life. Whosoever believeth on Him is not condemned, but whosoever believeth not is already condemned (John 3:16, 18).

Jesus is knocking at the door of your heart (Revelation 3:20). If you haven't asked Him in to be your Lord and Saviour, why not now? That's all He wants for Christmas. If you do, it will be your happiest Christmas yet, having a two-way personal relationship with the One who wore the first wreath - a crown of thorns (Matthew 27:28-31).

Imelda Wheeler. St. Andrews West, Ontario

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SEAWAY NEWS ocna

Why is Christmas important to you?

Cornwall Square shoppers, photos by Tracy Paré.



Ruth Grant; "It's Jesus' birthday. It's a nice family tradition."



Agnes Boyd; "It's time for giving and being with family."



Jean-Marc Quesnel; "Because it's one of the nicest religious birthdays of the year. When you see the children's eyes light up."



Rheal Pilon; "It's one of the nicest birthdays because Christ was born. Also parents reunite."



Chantal Helps; "It's a time to get together with family to enjoy quality time and to create new memories."

If You Think The Schools Are Bad, Just Think Of What Will Now Happen To Health Care...



I've always liked Roy Romanow.

To me, he's consistently represented the best traits of prairie politics—sensibility, pragmatism and the ability not to be wedded to bureaucratic solutions.

That's why I was so disappointed when I saw the results of his two year, $15 million commission on the future of health care in Canada: it is anything but sensible, pragmatic and unbureaucratic.

What a disappointment.

I'm beginning to think that Mr. Romanow let too much of his pro-NDP bias show when he conducted his research. And that's why it's difficult to take seriously the recommendations of a man who is so clearly vested in the quasi-religious belief that socialized medicine has a redemptive moral purpose unto itself.

What other Western nation has a more socialized health system than Canada? And why does it have to become even more socialized if the proposals advanced by Mr. Romanow were actually adopted?

Why didn't the commission use Germany as a perfect example of how to run a health care system effectively and efficiently? That country has had a parallel private system for those who choose to use it for a long time now—and it hasn't hurt the private system.

What about the Netherlands, Denmark and Britain, all of whom permit private service delivery?

Or the Mecca of socialism, Sweden, which has contracted out health-care provision with the result that both patient satisfaction and health workers' wages have gone up? Sweden has even started to privatize some of its hospitals with amazing results.

Medicare in Canada suffers from rising costs and over centralization. Yet Mr. Romanow wants to compound these problems by giving Ottawa more control and injecting approximately $15 billion into public health care. And he randomly dismissed the meager set of private-delivery options that some provinces have already considered in a bid to fix their systems.

Why does Mr. Romanow dismiss non-government health-care delivery schemes completely? The answer is simple: if you look at the list of invited participants to his hearings, they show a heavy bias toward advocates of state health care.

We already know how badly the state operates a monopolistic public school system. It suffers from heavy bureaucracy and inflexibility. It produces students that would do so much better if they were placed in private or charter schools. The results on that score are clear, so why continue the same exercise in health care?

Mr. Romanow pooh-poohs the claims that the current system is expensive and inefficient and that it will soon collapse under the weight of aging Baby Boomers. And, to top it all off, he says that the current system is "affordable, timely, accessible, and high quality."

Please. Do all those patients in waiting lines agree? Or, what about the nurses who form the core of the system—would they agree with that? Hardly.

As Barbara Shantz, who almost won the last election for the presidency of the Ontario Nurses' Association says: "If all those bureaucrats in the hospitals got off their butts and stopped perpetuating their own empires, we might start to get somewhere. It's unbelievable what you'll find when you scratch the surface of their bureaucracies. They live like kings, while nurses are left in the dust." Mr. Romanow didn't talk about that issue.

And that is the problem with Mr. Romanow's report: it fails to address the essential problem in the system. It throws more money at the hospitals, but doesn't allow for competition—and fails to address the problem of waiting lists and lines.

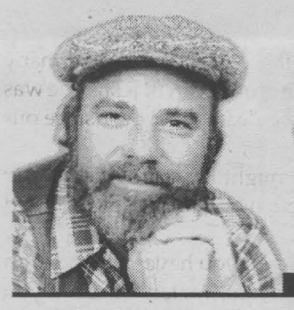
What we need is more competition—as both the previously released Kirby and Mazankowksi reports on Medicare showed.

And, to top it all off, the federal Liberals will never—repeat, never—inject $15 billion more into the system. You could already hear that in the words of the Prime Minister and his Finance Minister on the day after the commission's report was released.

So what will happen with the Romanow report? Most of it will collect dust on some back shelf of an obscure building in Ottawa.

What a waste of money.

Canada's Secret Weapon: The Beaver



Could we be serious about the beaver for a moment?

The business of choosing a national mascot is important and most countries treat it with appropriate solemnity. After all, a national mascot tells the rest of the world which characteristics a nation holds dear. Hence, most countries choose mascots that are brave, intelligent, powerful or in some other way dominant and admirable. The United States opted for a ferocious bald eagle, wings aflare and talons flashing. Britain reveres a doughty bulldog with a spiked collar and a gobful of wicked-looking teeth. France lines up behind an Amazonian, barricade-bestriding goddess named Marianne. Russia has the burly bear; Costa Rica the magnificent jaguar.

And Canada? Canada has a rat.

Castor Canadensis, to be precise. A bottom-feeding pond dweller with buck teeth, a furry spare tire and a tail that looks like it was run over by a Winnebago.

Our national mascot is not noticeably heroic, muscular, clever or oversupplied with sex appeal. That might lead you to think that Canada placed last in the national mascot sweepstakes. Don't kid yourself. Bucky Beaver may look like a loser, but he is taking over the world as I write.

Don't believe me? Ask the Russians. Away back in the 1950s, somebody in Finland (a serious vodka enthusiast, I suspect) got the bright idea of bringing in a brace of Canadian beavers and turning them loose in the Finnish wilderness. The Canuck imports settled right in, booting out the local European beaver population (they really were kind of wussy) and started to do the two things Canadian beavers do best: making dams and making little beavers.

They made a lot of little beavers. Before long, offspring from those first Canadian migrants were paddling inexorably toward Sweden to the west and Russia to the east. Today, Russian biologists glumly reckon there are at least 20,000 Canadian beaver building unrequested water management projects in northwest Russia. And they're expanding ever southward.

Think about it: the Canadian beaver stands poised to take Moscow - something even Napoleon couldn't do.

You'd think Finlanders might have learned from the Argentinian experience.

Back in the 1940s Argentina imported 25 breeding pairs in an attempt to create a fur industry down there. The beaver liked the Argentine outback even more than the European backwoods - and responded in their characteristic beaverian way. Right now, Argentina is smothered in upwards of 50,000 industrious ex-Canadian dam-builders.

And Britain? Don't even mention Canadian beavers in Britain. Recently, some environmentalists in London suggested purchasing some Canadian beavers to reintroduce the animal into the English countryside, where they've been extinct for at least a millennium.

The British press went nuts. "Keep the furry thugs in Canada," one editorial huffed. Another called them "loutish interlopers" and "uncivilized brutes."

Scary. They don't even talk about our hockey players that way.

So is there nothing that can stop a full-scale beaver invasion? Well, there is one antidote - but it's even scarier. This Anti-Beaver Initiative was created here in Canada, fittingly enough. On a prairie farm belonging to 87-year-old Tom Harper. Tom had a Beaver Problem. They plugged his creek and flooded his fields. Looked like they might even flood him out of house and home if something wasn't done. Tom tried everything. He called the authorities; they yawned. He set the dogs loose; the beavers swam away. He set live-traps; the beavers ignored them. He even tried shooting them. Big deal. There were plenty more where they came from.

In desperation, Tom Harper set up loudspeakers near the principal beaver dam. He hooked the speakers up to his radio and (I'm not sure the editor will print this, but...) he tuned the radio dial to CBC Radio One and cranked up the volume.

CBC Radio One. News and interviews followed by more news and more interviews. Documentaries on gay/lesbian/aboriginal/transsexual/dyslexic/post modern/post-partem issues. Round table discussions on: the Kyoto accord. Whither the Progressive Conservatives? Senate Reform. And (no connection) greenhouse gas.

CBC Radio One. Twenty-four-seven. The beavers lasted 76 hours before they waddled into the Prairie wilderness, never to be seen or heard from again.

So, yes the beaver can be bested. But there is such a thing as cruel and unusual punishment.

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AIDS Forum

with Pat O'Connor

Hello everyone. I've had a t-shirt for years that reads "Silence = Death" on the front. Silence does equal death was the message that was sent out last week on World AIDS Day. The walls of stigma and silence must be torn down to stop the spread of HIV worldwide. The battle against the spread of HIV infection is now reaching parts of the world that at one point seemed untouchable. Eastern Europe and Central Asia with 1.2 million cases now show the fastest growing areas in this epidemic. They say China and India are "time bombs" with four million Chinese already infected with HIV. The number could reach 10 million by the end of the decade.

The change in public perception in Canada is changing as Canadians no longer see the epidemic as a personal threat or a serious health issue. Nothing could be further from the truth. AIDS still kills, there is no cure and it can be prevented. Women in Canada make up 25 percent of all new infections. This is alarming as women don't seem to be getting the message to protect themselves. They must start taking the stance of "no glove...no love!" or abstain from sex altogether with partners they know no history of. Get it together ladies - no condom, no sex! Never!

Cases of HIV in Britain have gone up 25 percent from 2001 to 2002. As you can see, and I could keep on going, is that no society is immune. Keep your children educated and yourselves safe. HIV/AIDS does not discriminate.

Talk of a new vaccine that is just entering human trials was also in the news lately. This would be given to anyone or everyone who is not infected. Over 16,000 people worldwide are infected daily and a vaccine would be immeasurable in stopping the spread of HIV. Testing is to go on for a few more years and after licensing and manufacturing of enough of the vaccine (if it works), we could see it FDA approved and available to the public maybe in 2006.

We are hearing more of the West Nile Virus being found in our blood supply. Although the risk now is minimal, I hope those in charge of our blood supply are keeping a close eye on new developments. In the past few years we have seen the West Nile Virus get closer and closer and more cases being reported. It will be something to monitor in the future. A London, Ontario woman has already died as a result of both blood and platelets she received during cancer treatment at a hospital in Toronto.

I promised you some contacts if you have or feel the need to get more information on HIV/AIDS or testing. If you are HIV positive or have AIDS, some information here will help you access more information and hear what treatments are available, how people are doing on different treatments and where you can speak to others going through the same things we are. Start with:

- CATIE (Canadian AIDS Treatment Information Exchange). They publish "The Positive Side" magazine which has great information in it from nutrition, aromatherapy, marijuana issues and some funny articles such as "Patients Are From Venus, Doctors Are From Mars" and "13 Ways To Love Your Liver." Call anonymously, 1-800-263-1638, or visit their website at www.catie.ca and ask for their monthly updates on treatment information, etc. It's free.
- Ottawa AIDS Committee - (613) 238-5014. Good contact for anonymous testing sites.
- Kingston AIDS Project - (613) 545-3698.
- Canadian Aboriginal AIDS Network (CAAN). www.linkup-connexion.ca or 1-888-285-2226. This is an Aboriginal on-line HIV/AIDS information network. Users can download documents on Aboriginal AIDS issues that have been produced across Canada, and chat with others in the Aboriginal community.

I hope this is some help to anyone who needs it, and if you need more you may contact me through the Seaway News. Next column I'll review the basic facts about HIV/AIDS.

Be well everyone and stay positive! (No pun intended!) Bye for now.

P.S. Thanks to Sue Lariviere for having me in to speak to the Probation Officers of Eastern Ontario. I hope I was some help in helping you with your clients' needs who are HIV positive or have AIDS. Also, thank you for the donation to the Ford clinic in Kingston. It will be well appreciated.

Pat is a local resident living with HIV. You may send in questions to Aids Forum here at the Seaway News address. Pat also does public speaking at no charge to any interested groups and can be reached through this newspaper or at his home.

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Paulette Poirier
Homeopath

Homeopathy and Menopause

It should be a special time in a woman's life. Unfortunately many women suffer from sweaty hot flashes, insomnia, depression, migraines, irritability,etc. Joan, a teacher, suffered hot flashes that would often be followed by fainting spells. Perspiration would drip off her forehead, the back of her neck would be all wet, her body would get clammy. She felt like a wet rag, a very tired wet rag. The only relief would be to loosen her clothes - not always possible halfway through Mathematics. These symptoms often woke her up at night.

The cure: Joan had discussed hormones with her doctor and since there was cancer in the immediate family, like many women, she decided to look at homeopathy to help relieve the symptoms of menopause. She wanted to keep her sanity, and find a natural way to get relief. The homeopathy remedy *Lachesis* matched her menopausal symptoms. After 5 weeks the dosage was reduced since the symptoms had diminished by 50%. A further consultation was needed to continue the work of balancing the hormones so that Joan's life would resume.

QUESTIONS?
Paulette is available every Tuesday for more information between 2 pm - 5 pm
at JEAN COUTU
Cornwall 5 Ninth Street East (at Pitt)
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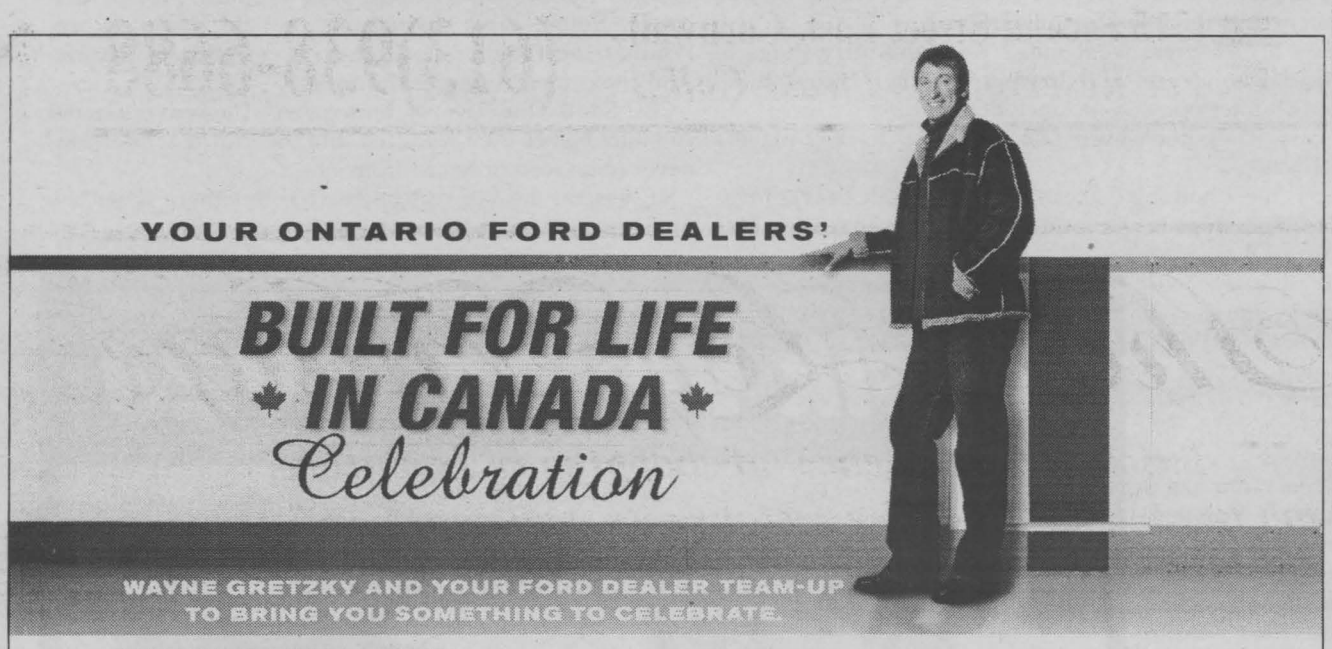

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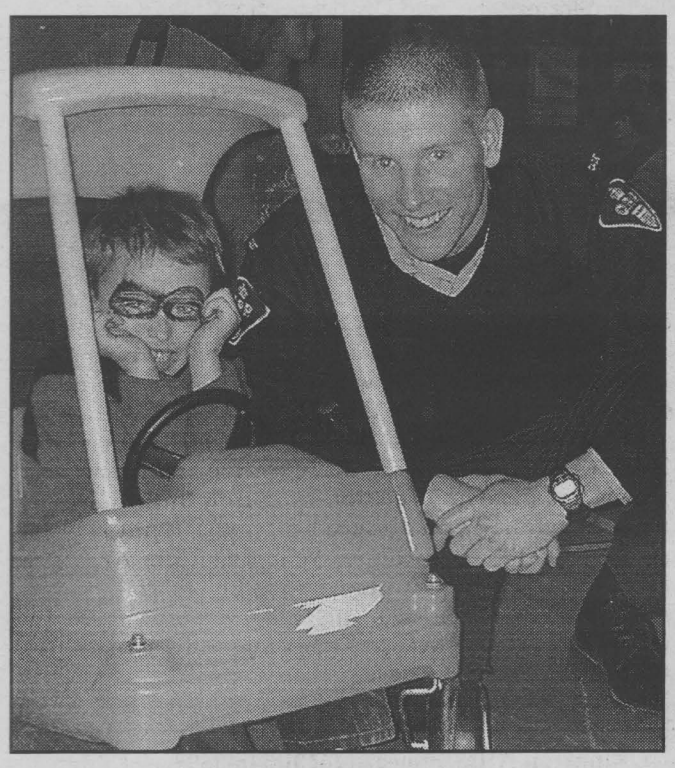
LOCAL

SD&G OPP Join Forces For National Child Day

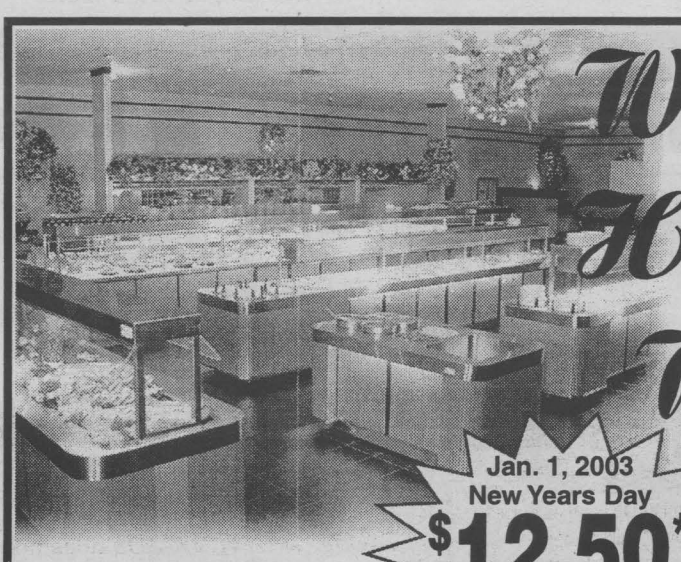


On Saturday, November 16th, 2002, SD&G OPP officers joined forces with the Family Resource Centre, Eastern Ontario Health Unit and Centre de Santé Communautaire de L'Estrie in organizing a fun-filled day for children as part of National Child Day which was held on Wednesday, November 20th, 2002. Several games and events were available with a clown/magic show as the highlight. Child safety information was distributed to parents.

SD&G OPP Cadet Matthew Roy spent the afternoon with the kids as the uniform was a hit with the most important part of society...our kids. Over 100 took in the activities.

Above SD&G OPP Cadet Matthew Roy makes a traffic stop to ensure the vehicle is safe!

Photo submitted by J. Doiron



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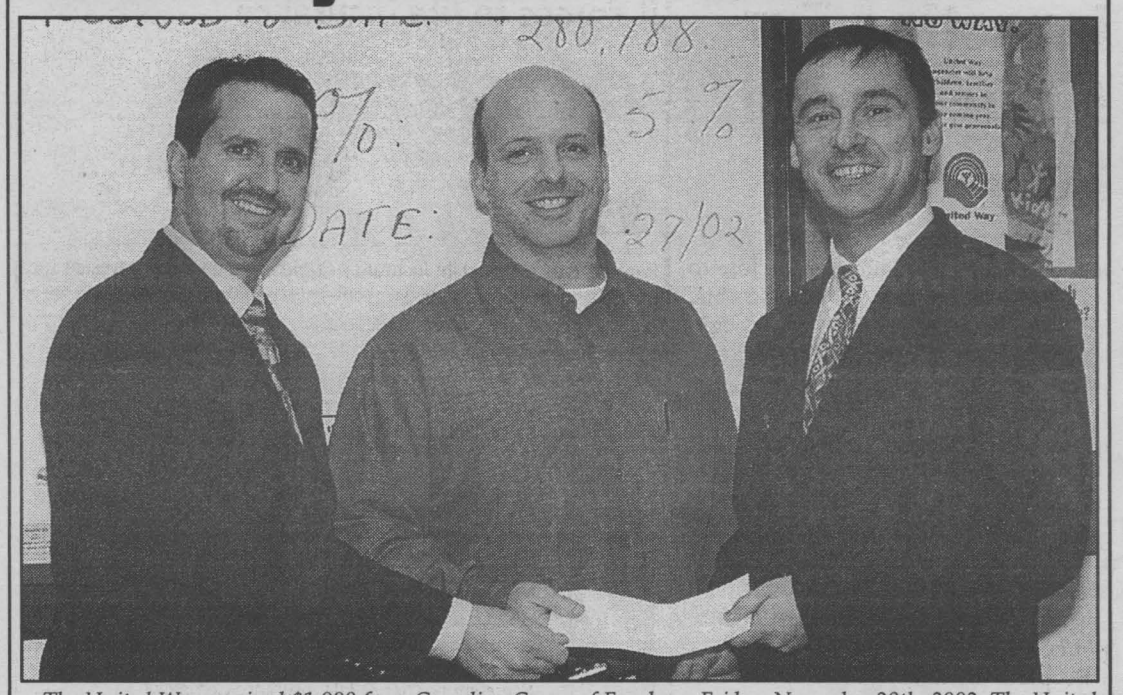


The United Way received $1,000 from Guardian Group of Funds on Friday, November 29th, 2002. The United Way also received a $500 donation from Mackenzie Financial Corporation located in Toronto.

Above, Jean Marier (on the right), Vice-President of Sales from Guardian Group of Funds presented a cheque to the United Way. Accepting on their behalf are (left to right): Paul Cardinal, Fundraiser for the United Way and Alain Gravelle, Campaign Chair for 2002.

Photo by Tracy Paré

Children's Christmas Fund

In 1949, the Christmas Fund was rescued by the Cornwall and District Service Club Council which formed the Cornwall Children's Fund.

There is a nine member Board of Directors who meet regularly to administer this Fund.

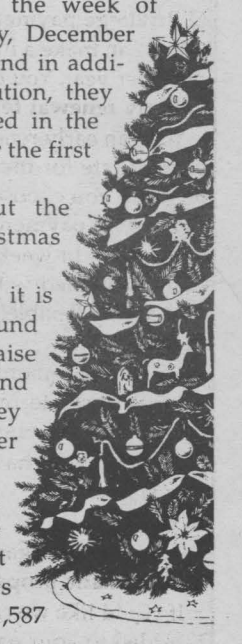
From 1949 until the early 1980s, Club members of the Council would gather at the Legion, one Saturday in December, just before Christmas, to distribute food vouchers.

The Fund changed in the late 1980s when the Fund joined forces with the Agapè Centre (Cornwall Food Bank) to come up with one common list for distribution at Christmas which helped in reducing the duplication that was occurring.

The Fund continued to distribute food vouchers but learned that some of these vouchers were being sold and some purchases were for non-food products. Shortly after this occurred the Board of Directors decided to process all Christmas Food vouchers through the Agapè Food Bank.

For the past several years the Children's Christmas Fund and the Agapè Centre have distributed food and toys from the Cornwall Armouries to those less fortunate. This distribution is done by Club members of the Cornwall and District Service Club Council.

This year they are again going to distribute food and toys from the Armouries during the week of Sunday to Saturday, December 15th to 21st, 2002, and in addition to the distribution, they are directly involved in the purchase of food for the first time.



Some facts about the Children's Christmas Fund:

- Over the years, it is estimated that the Fund has been able to raise over $651,652, and with these funds they have assisted over 21,000 family units;
- Christmas 2001 saw the Fund raise $29,985.11 and assist 600 family units which represented 1,587 people.
- This Christmas the Children's Christmas Fund has committed funds to assist over 600 family units.

Supporting clubs of the Children's Christmas Fund will be going out carolling on Sunday, December 8th, 2002 from noon onwards, to raise money in support of this year's goal of $35,000 so that the Children's Christmas Fund may continue to support the less fortunate at Christmas time.

The Children's Christmas Fund will be distributing food and toys on Wednesday and Thursday, December 18th and 19th, 2002. Please help us help others.

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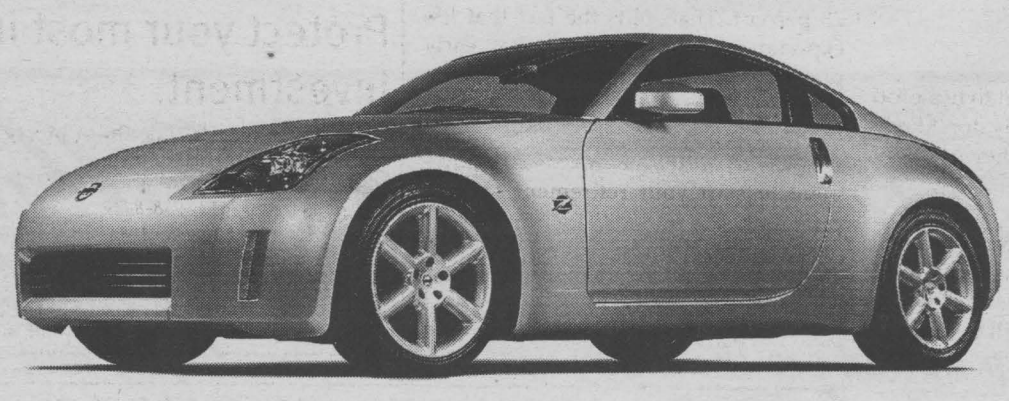

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At Nissan we believe originality has a way of paying off. And it seems the Automobile Journalists Association of Canada (AJAC) agrees. AJAC has just awarded the 350Z the Best New Sports/Performance Car, and Murano the Best New SUV under $45,000. Couple that with Altima's 2002 AJAC Car Of The Year Award, and you'll understand our excitement. In fact, the only thing more exciting than what's happening at Nissan right now, is what's yet to come.

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AJAC category award Best New SUV under $45,000 given to 2003 Murano SL. AJAC category award Best New Sports/Performance Car given to 2003 350Z. Nissan, the Nissan Brand Symbol, "SHIFT_" tagline, Z and Nissan model names are Nissan trademarks.

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Clarica has been helping Canadians with their mortgage needs for almost 100 years! We offer innovative and competitive mortgage financing to thousands of Canadians across Canada.

We work with you to build a mortgage that meets your needs!

This is a publication of Clarica Life Insurance Company. Submitted by Leo Ouellette

Why People Fail To Plan

Don't Know How

Like most things, financial planning is a process that you must learn to use properly. Many people have never been exposed to this process. They really don't know how to produce and maintain a personal financial plan. As a result, they just don't plan at all!

Lack Of Specific Goals And Objectives

There's no reason to plan if you have no particular goal or objective in mind. Broad statements like "I just want to be able to retire!" are not focused enough to set a plan in motion. Instead, you must ask yourself specific questions like, "When do I want to retire? What kind of lifestyle do I want?" Only then will you have a reason to plan.

Multitude Of Investment Choices

There are so many different ways to invest your money that it can be difficult to decide what financial products will best suit your needs. Some have more risk than others but can offer higher returns while others can provide you with the flexibility you need to meet your ongoing as well as future needs. It's not an easy choice – one that can cause a great deal of confusion and frustration!

Complexity Of Tax Laws

As you can well imagine, the laws regarding taxes are often as detailed as they are complex. While these laws can certainly be intimidating, it's really no reason to avoid planning your future. Fortunately, we have experts who understand how to use these tax laws to your financial benefit. They can help shelter your money from taxes and make the most of every dollar.

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Planning And Investing For A Successful Retirement

For many people, successful retirement means living a lifestyle as close to your pre-retirement lifestyle as possible. The best way to ensure this is to begin investing in RRSPs early in life. The earlier you begin, the bigger the nest egg at retirement. Some of the major benefits of investing your money in RRSPs are:

- an immediate tax break in the year of your contribution;
- your money accumulates tax-free until you begin to withdraw it, usually at retirement;
- your money accumulates with compounding interest.

People born after 1950 may have to rely more heavily on private retirement funds as the Canada Pension Plan decreases payments and increases premiums to meet the demand that aging boomers will put on the system. It is often easier to save using smaller, monthly amounts rather than trying to come up with a large, lump sum by the deadline date in February. By investing monthly, your investments will earn interest throughout the year, allowing you to accumulate more.

In 1941, the average male spent about 17 percent of his life in retirement, assuming retirement at 65. Today, given the trend toward early retirement (e.g. age 55), that figure has increased to over 28 percent. That, plus the fact that life expectancy is increasing, makes early planning for your retirement years more important than ever.

Don't wait until you are close to retirement to start your retirement savings program!

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Hats: For Many Reasons And Seasons



Some time ago (February 1st, 8th, March 8th and 15th, 2002) I wrote four columns that danced with the many and varied things we put on our feet. Many of you have told me that topic brought back many memories, caused you to sometimes laugh, sometimes made you cry, but definitely made you think.

After that start at the bottom, I'll now skip over the middle (for now) and get to the top: headgear, hats of all sorts, what we put on our head for a wide variety of reasons. The reasons are many, including (in alphabetical order, of course): affiliation, courtesy, defiance, fashion, fun, identity, religious, role and last but not least, safety.

My incomplete coverage of this will touch on all sorts of headgear, from A to Z, starting with 'A' is for 'alpine,' ending with 'Z' for 'zucchetto.'

'Alpine' is the name for hats worn by people in the Swiss Alps. Therefore, they're also called 'Tyroleans,' a jaunty hat of felt or tweed, with a crown that slants upward to a lengthwise crease. The narrow brim is rolled up at the back and turned down in front. For decoration, a brush or feather trim is attached to the headband.

At the far end of the hat alphabet is 'zucchetto,' an ecclesiastical skullcap worn by Roman Catholic clergy. Priests wear black, Bishops don purple, Cardinals are red. The Pope's exclusive colour is white.

And now, onto the reasons for putting something on our head. Again, in alphabetical order: first, affiliation. Members, followers or owners of baseball clubs, rock groups, military units or specific makes of vehicles wear peak caps (aka 'ball caps') proudly emblazoned with slogans and logos proclaiming Blue Jays, The Twisted Sisters, 'The Big Red One' or 'Friends Don't Let Friends Drive Fords.'

Reason two: courtesy. In my childhood days, it was a sin bordering on mortal that a woman would dare to enter a church without a suitable head-covering. In the catechism class, the more mischievous of us in the grade eight class would demand a legal definition of what a woman's 'suitable head-covering' consisted of. "Was a kerchief enough? Did a handkerchief suffice? What about a Kleenex? How big would the piece have to be?" On and on went the spurious debates. The more eloquent of us could filibuster the questions right through math class. However, as soon as the recess bell sounded, all interest in the theological question vanished with the stampede to get outdoors.

Next: defiance. By insisting one's supposed right to wear a ball cap in a grade IX high school class, budding renegades claimed to be defending some sort of constitutionally-guaranteed civil right. Insisting on wearing the peak sideways or backward-facing clearly defined one's standing on the social ladder. Whether it be done in a university class, fine restaurant or on a street corner, they left no doubt as to their social-economic-cultural level. Bottom rung!

Reason four: adherence to the dictates of fashion. It's amazing what women will put on their head because it's in fashion this year. Of course, it won't be in fashion next year, except on April 1st or October 31st. Voluntary slavery it is.

Sometimes we put something on our head just for fun. The beanie with a propeller, a New Year's Eve tassel-topped conical hat, and a three-foot long toque at Quebec's Carnival de Neige are harmless examples that come to mind.

Reason six: identity. It's been said, "We are what we eat." It could also be claimed that for some, "We are what we wear on our head." I'd go along with that. In about 1994 I adopted the Tilley as my trademark. Without it, I've had a bank teller in Lancaster refuse to cash my cheque unless I could prove who I claimed to be. My papers had been left at home, so I got my Tilley out of my truck – and got my cheque cashed! When I got my driver's licence photo taken, the staff insisted I wear my Tilley. I've got the licence to prove it.

Religion: an orthodox male Jew will wear his yarmulke (aka 'skullcap') at all times. The cloth weavers of some Asian countries would be on the dole if it weren't for the turbans worn by adherents to some religions.

Eighth reason, the most practical one: safety. There are all kinds of safety hats. Soldiers don't leave home without one; construction workers get fired if they don't wear one; infections get spread if operating room folks don't wear one; fighter pilots would lose their head if they ejected without one; young cyclists are forced by law to wear one; hockey players take theirs off when they get into a fight; with the hole in the ozone, you'd better start wearing one.

Of the reasons I can think of, one's role is the ninth and last I can think of. A bellboy isn't a bellboy unless he's wearing his Phillip Morris style pill cap. Ever seen Napoleon without his tri-corn hat? What Indian chief would lead without his traditional feathered head-dress!

Now it's your turn. The challenge is on: tell me about your headgear habits, your Tilley tales, your soliloquy to a sombrero, your crown-covering collection. I hope I hear from that South Stormont Freeholder columnist, the local "Lady of the Hats," E.K., and a certain grade five class at Martintown P.S.

If you can't think of something to write, you deserve to be wearing a dunce cap!

mazda

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†1.9% Purchase Financing/36 months available on the 2003 Mazda Protegé, ProtegéS and MPV. Finance examples: for $10,000 at 1.9% Purchase Financing the monthly payment is $285.99 for 36 months, C.O.B. is $295.64 for a total of $10,295.64. ▼No payments for 90 days applies to all purchase finance offers on 2002 and 2003 Mazda vehicles. No interest charges will apply during the first 60 days after purchaser takes delivery of a participating vehicle. After the first 60 days interest starts to accrue and the purchaser will repay principal and interest monthly over the term of the contract. ▼▼$0 security deposit on leases applies to all 2002 and 2003 Mazda vehicles. Offers cannot be combined. Negotiated price may exceed cash purchase price if advertised finance offer is selected, and may result in a higher effective interest rate. See your dealer for details. */**Offers available on new cash purchases of 2003 Mazda Protegé SE, Protegé LX, Protegé LX GT, ProtegéS, MPV DX and retail leases only. Purchase price and offers exclude freight and P.D.E. of $925 for cars and $1,125 for Trucks. Other lease terms available. Total lease obligation for the 2003 Mazda Protegé SE (D4XM53AC00)/Protegé LX (D4LS53AC00)/Protegé LX GT (D4LS53GC00)/ProtegéS (DSTS53AA00)/MPV DX (UADZ73CA00) is $11,587/$12,451/$13,795/$14,187/$18,387 including down payment of $2,995/$2,995/$2,995/$3,195/$4,995. 20,000 km per year mileage allowance applies; if exceeded, additional 8¢ per km applies. License, insurance, registration, taxes and other dealer charges extra. Dealer may sell/lease for less. Dealer order may be necessary. Offers available from December 2, 2002 for a limited time only. Lease and Finance O.A.C. for qualified customers only. See your dealer for details. ♦Tests conducted on 2002 Mazda MPV. Highest rating possible for front driver, passenger, side and rear impact protection by the U.S. NHTSA. ♦♦♦Mazda Protegé LX – Car and Driver Nov. 2002

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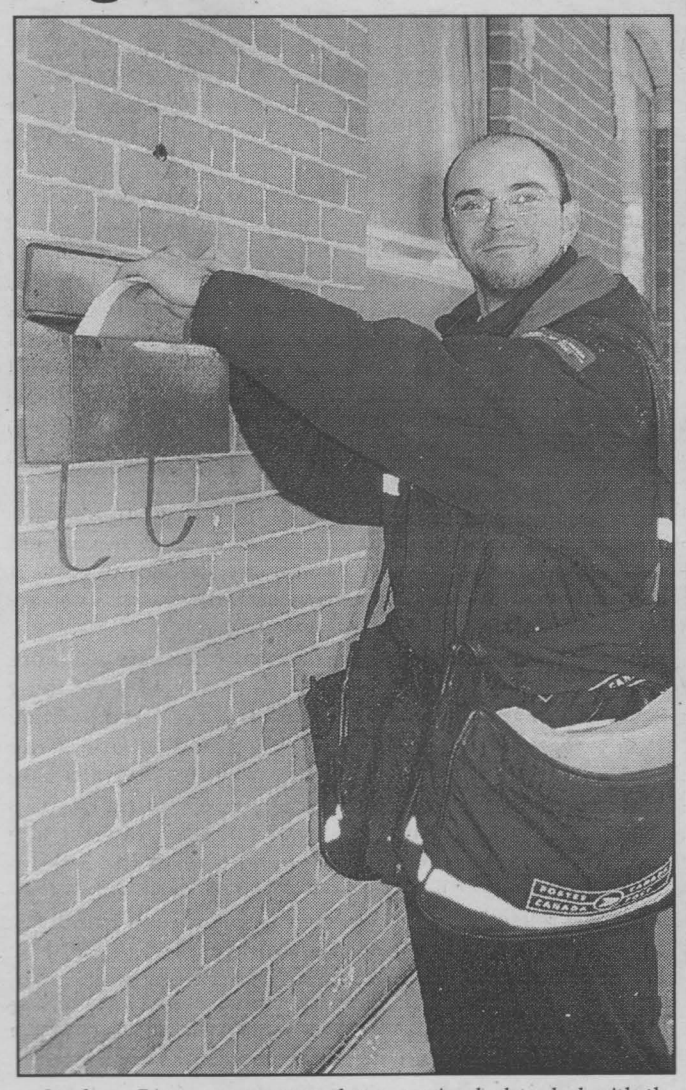

Stephane Rioux, a temporary letter carrier, had to deal with the snowy weather on Friday, November 29th, 2002. Rioux said he didn't like the fact that it was snowing, but he would rather snow than rain. "It's not fun, but the job has to get done."

Photo by Tracy Paré

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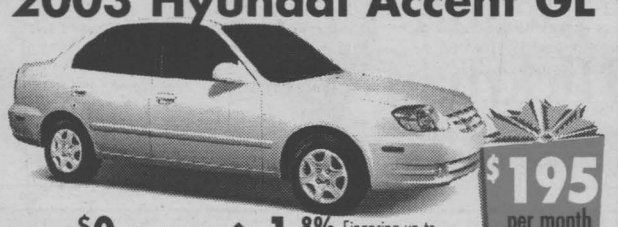

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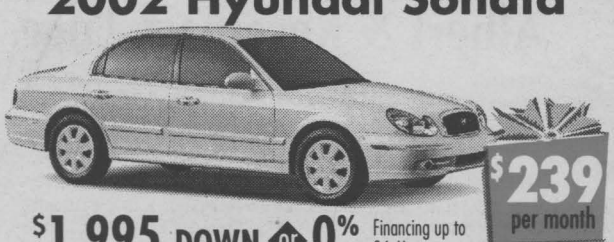

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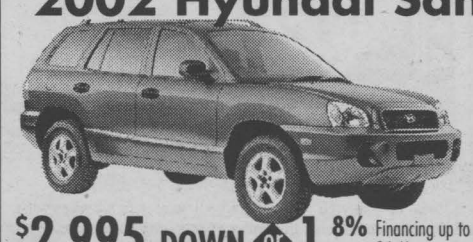

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THE BUZZZ

Cheech and Chong are still smoking. ***Cheech Marin*** and ***Tommy Chong*** are reuniting to do their last film together. The script was written by Tommy's daughter, ***Rae Dawn***.

Director ***Kevin Smith*** is giving ***Jennifer Lopez*** and ***Ben Affleck*** a custom-made video game to thank them for costarring in his recently wrapped movie Jersey Girl. The game, Jen Saves Ben, features an animated Lopez who must find and rescue Affleck, who has been kidnapped and chained to a warehouse wall.

Limp Bizkits ***Fred Durst*** has settled a $5 million battery lawsuit filed by a lighting technician who claimed he broke her nose during the group's Anger Management Tour.

Puddle of Mudd are finalists in five categories at the upcoming 2002 Billboard Music Awards. ***Creed*** and ***Nickelback*** will compete in three categories each. Other finalists include ***Staind***, ***Linkin Park***, ***System of a Down***, ***Godsmack*** and ***Red Hot Chili Peppers***. Fox will air the awards live from Las Vegas on Dec. 9.

Aerosmith already are in the planning stages for the follow-up to last year's Just Push Play album, with studio time booked in March.

Looks like ***Tommy Lee***'s going to face the music in court. A Los Angeles judge has set a trial date of April 2 for the wrongful-death lawsuit brought by the parents of a four-year-old boy who drowned last year while attending a birthday party at the ex-***Motley Crue*** drummer's Malibu residence.

The ***Backstreet Boys*** are back in court. The popsters have filed a $100 million breach of contract lawsuit, accusing Zomba Recording, in part, of attempting to undermine their collective career by promoting Backstreeter ***Nick Carter***'s solo one.

Paul McCartney and ***Ringo Starr*** reunited in London for a tribute concert that also featured the likes of ***Eric Clapton***, ***Tom Petty***, ***Jeff Lynne*** and ***Joe Cocker***.

Former talk-show queen ***Rosie O'Donnell*** became a mommy for the fourth time when her partner ***Kelli Carpenter*** gave birth to a baby girl.

NBC has confirmed it's in talks to make ***Harry Connick Jr.*** a regular cast member on the network's Thursday night sitcom Will & Grace.

Solid Thanksgiving weekend business lifted Hollywood to a new domestic revenue record of $8.44 billion, up from the previous high of $8.35 billion set last year, according to box-office tracker Exhibitor Relations.

Michael Jackson testified in a $21 million breach-of-contract case that he could not recall details about his canceled millennium concerts.

Peter Garrett, the energetic lead singer of Australian rock band ***Midnight Oil***, has quit the band after 25 years.

The top-ranked show for the week was Everybody Loves Raymond, which helped CBS win the week with 13.4 million viewers, followed by NBC with 11.9 million viewers. ABC had 11.4 million viewers, while Fox drew 9.2 million viewers, according to Nielsen Media Research.

SPIDER-MAN 2 SUPER-VILLAIN?



Various Hollywood rumor sites are reporting that both ***The Rock*** and ***Vin Diesel*** are being considered to play Venom (the alien symbiote super-villain) in the next Spiderman movie. If The Rock is chosen, that will mean more missed WWE time for him.

Whitesnake and ***The Scorpions*** will share the bill for a tour set to kick off in early January and last through the end of March. ***Dokken*** is slated to open.

Slipknot bassist ***Paul Gray*** has teamed up with ***American Head Charge*** vocalist ***Martin Cock*** in a new band tentatively dubbed ***F.O.R.***

A French author who suggests that the Sept. 11 attacks were devised by a faction of the U.S. military is planning to promote his book on a tour that will begin in NYC.

PICK HITS

OFF THE RECORD
SHANIA TWAIN - UP!

Having established herself as a true superstar with the success of Come On Over, Canadian country icon ***Shania Twain*** has decidedly raised the ante with her new album. Featuring songs written by Twain and husband/co-producer ***Mutt Lange***, Up is quite a slick affair, packed with the brass and sassy tunes and double entendres one associates with Twain. It's a little bit pop and a little bit country, (even mixed on two different CD's for that purpose) but its pure Shania. With a collection this strong and including the smash hit I'm Gonna Getcha Good! the only way for Shania to go is Up!

AT THE MOVIES
MY BIG FAT GREEK WEDDING

Toula (***Nia Vardalos***) is 30, unmarried and is destined to work in the Greek restaurant owned by her parents. But Toula is intent on changing her life and takes a job at her aunt's travel agency, meets a handsome, high school teacher Ian Miller (***John Corbett***) and falls in love. But what will upset her parents more, the fact that Ian is not Greek, or that he's a vegetarian? Twist open the Ouzo! A vibrant whirlwind of love, family and all that goes with it, My Big Fat Greek Wedding is a non-stop funny feast of warmth, color and cringe. The sleeper hit of 2002.

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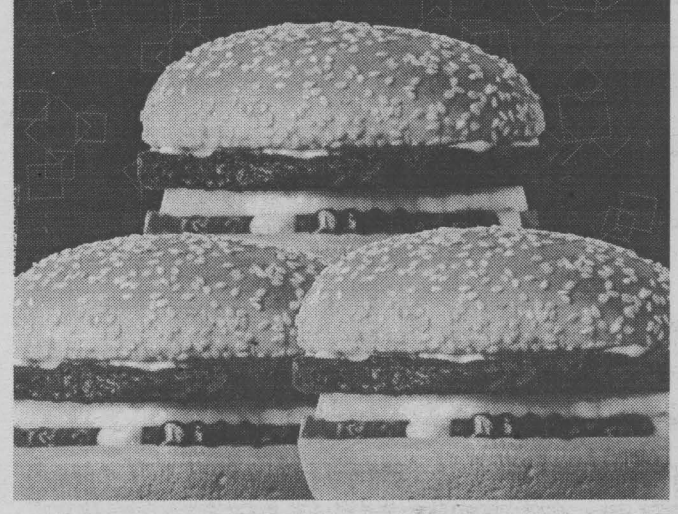

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Look Who's 50!
Happy Birthday
Joeann Hickman
who celebrated on December 4th
Love always, your family



Lilias McVicar
will be 60 years young
on December 8th
Keep on trekking, lover
Happy Birthday
from your soul mate



Congratulations
Albert & Rosemary Lugg
(nee Hilton)
married on December 11th, 1952
Happy 50th Wedding Anniversary
with love from Wayne & Sue, Brian & Kathy, Judy, Shelley, Cameron, Meghann & Ken, Bonnie and Laura



Lordy Lordy
Look Who Turned
40
on December 5th
Happy Birthday
Joanne
Love Tammy and Kim

Happy 4th Birthday
Tanisha Lapierre
celebrating on December 10th
Love from family & friends



Happy Birthday
to our wonderful son
Leiam O'Byrne
who turned 2
on December 4th
We love you lots!
Mommy & Daddy

Happy 28th Birthday
JOE LAPIERRE
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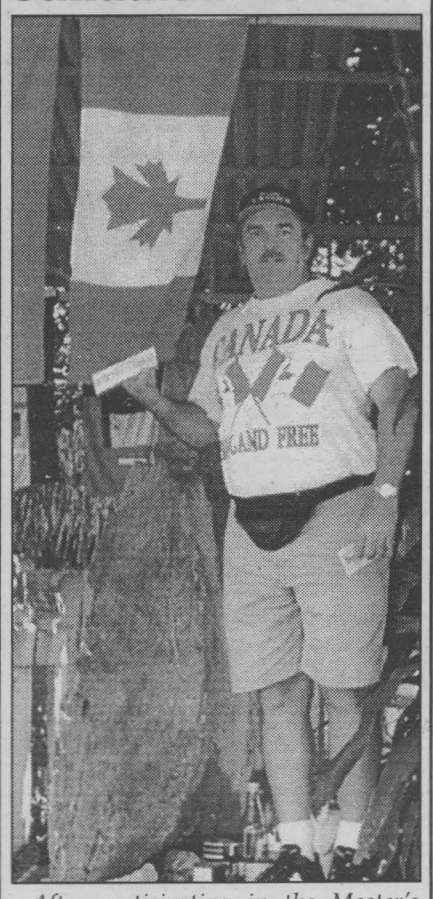
HAPPY 18th BIRTHDAY COLLEEN FENTON
celebrating on December 7th ... love Dad & Crystal

ENTERTAINMENT

Local Resident Recognizes Canadian Vets



After participating in the Master's Baseball Tournament in Australia, Jim Martell stopped in Thailand on the flight home. While visiting the memorial of the River Kwai Bridge, he laid a Canadian flag at the site to recognize those Canadians that lost their lives. The present day memorial is in honour of the fortitude and sacrifice of the valiant company who perished while building the railway from Thailand to Burma.

Photo submitted by Chris McPhee

One of the best local and area attractions each Holiday Season is the terrific display that homeowners produce with their creative decorations. This year, in and around Cornwall, you can spend hours just roaming about the City and admiring the many well decorated houses, front lawns and even some rooftops. We suggest you pick a pleasant evening and take a leisure walk around your neighbourhood, or in your car, and take in all the beautiful sights.

Night N' DAY

Entertainment - Special Events & Restaurant Review - By Bill Gallant

Not to cast a pall on the above suggestion, it would also be interesting to know just what the total electrical usage and cost would be for the Holiday Season!

Not to be outdone, the folks at **Upper Canada Village** are still packing them in for their grand annual showing of **"Alight At Night."** The organizers are proudly announcing that over 100,000 sparkling lights turns their popular Village into a veritable winter wonderland for the holiday season. As we suggested last week, you can visit the kaleidoscopic town up Morrisburg way any evening. The Thursday to Sunday evening showing will end on Sunday, December 15th, 2002. From Thursday, December 19th, 2002 through Sunday, January 5th, 2003 you can enjoy the scene every evening, except Christmas Eve and Christmas Day. The Village will be open on New Year's Eve between 5 p.m. and 9:30 p.m.

There is a great Holiday show this weekend at the **Weave Shed Arts Centre. Dream Maker Productions** is presenting **Snow White** this Saturday and Sunday, December 7th and 8th, 2002 with showtimes at 1 p.m. and 4 p.m. The Weave Shed is located on Cotton Mill Road off McConnell. Tickets are $4 at the door, or you can call Cornwall Seaway Valley Tourism for information at (613) 932-3510.

This will also be a busy weekend for the members of the **Service Club Council of Cornwall.** They will be out caroling this Sunday, December 8th, 2002 between 12 noon and 5 p.m. to raise funds for the **Children's Christmas Fund** for the supply of food for the less fortunate. Please help them to help others!

The Members and guests at the **Canadian Legion Branch** in **Long Sault** are handing out Good Wishes and some Happy Birthday Greetings these days to a long time member, **Jack Crawford,** in celebration of his birthday. It's a closely guarded secret but my guess is that it was his 51st birthday on Thursday, December 5th, 2002. Members are also reminded about the **Branch Christmas Supper** to be held on Saturday, December 7th, 2002 starting at 6 p.m.

Something new has been added to the Holiday events at the **Akwesasne Mohawk Casino** this year. They will be featuring a live concert by the band called **Help.** You will be able to dance the night away at their first annual **Christmas Dance** on Friday, December 13th, 2002 in the Northern Lights Showroom between 9 p.m. and 1 a.m. It's classic rock at its finest and you're invited to the free show.

Celebrate Christmas with your colleagues. **Murphy's Inn** presents **Co-Op Christmas Party, "Hypnotizing Boogie,"** Thursday, December 12th, 2002 at Murphy's Inn, Paragon Room. Cocktails cash bar begin at 6 p.m. and then a buffet will be served at 7 p.m. A feast will be presented for your indulgence and for your entertainment, a hypnotist at 8:30 p.m. will amaze you with hilarious demonstrations of hypnotic phenomena. After a great holiday meal and laughs, get ready to dance the night away with **Seaway DJ, Bob Sloan.** For information contact Murphy's Inn or call (613) 933-2744.

That's it for this week, G'Day and G'Night.

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Music Update



with Yvan Brunet

Mariah Carey "Charm Bracelet" Island. Mariah Carey (the best-selling female performer of all time with 15 number one singles) is back with a lyrically very personal album which once more showcases the young diva's stunning voice, prolific songwriting and versatility: "You Got Me" (with Jay Z and Freeway), "Through The Rain," "The One," etc.

Will Smith "Greatest Hits" Columbia. A must-have collection for all Will Smith fans and also for those interested in owning one of the biggest party anthems in recent memory: "Girls Ain't Nothin' But Trouble (1988 extended remix), "Gettin' Jiggy With It," "Will 2-K" (with K-Ci), "Wild Wild West," "Men In Black," etc.

Trick Pony "On A Mission" WEA. A second jet-fueled, granny-get-the-cat-in country record for Trick Pony. Check out "I'm Not Thinking Straight Anymore" (a Waylon Jennings kind of song), "A Boy Like You" (about a lady involved with someone who's not too good for her) and "Whiskey River" with good, ol' Willie Nelson joining in.

Various Artists "Ultimate Women" BMG. There is indeed lots to enjoy here from 18 ultimate women: Celine Dion (A New Day Has Come), Toni Braxton (Breathe Again), Monica (Angel Of Mine), Whitney Houston (I Learned From The Best), Natalie Imbruglia (Wrong Impression), etc.

Cledus T. Judd "Cledus Navidad" Sony. An amusing Christmas album from a comical country artist: "Only 364 Shopping Days 'til Christmas," "Hazel's Homemade Hallelujah Punch," "Tree's On Fire," "Don't Serve Beans," "Grandma Got Run Over By A Reindeer," etc.

Lee Ann Womack "The Season For Romance" MCA. With "The Season For Romance," Lee Ann Womack truly captures the very essence of Christmas. Pure and uplifting, the album embraces the spirit of the old time Christmas music: "Let It Snow," "Winter Wonderland," "Have Yourself A Merry Little Christmas," "Baby It's Cold Outside" (a duet with Harry Connick Jr.), "Forever Christmas Eve," etc.

Dream Maker Productions PRESENTS

SNOW WHITE

a new tale from an old book



Show Time 1:00 and 4:00

• December 7th and 8th•

• Weave Shed Arts Centre (Cotton Mill road off McConnell)
• Tickets $4.00 @ the door or @ Cornwall Seaway Valley Tourism
• For information and tickets call 932-3510

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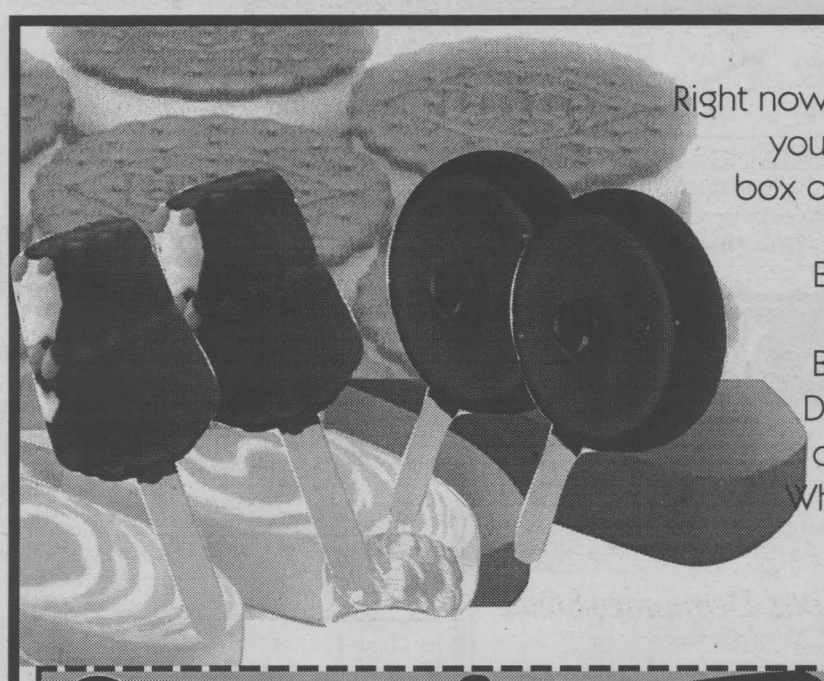

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Dec. 30 10:30-8:00; Dec. 31 10:30-5:00; Jan. 1 CLOSED; Jan. 2 Re-Open 10:30-8:00

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Scuttlebutt

This is a letter to say a **"Sammy Salute"** to the people of Cornwall for their care and compassion. On Thursday, November 21st, 2002 myself and my family were involved in an accident on Hwy. 138. The people of Cornwall never hesitated to offer their help in any way. They offered their cell phones, blankets and their concern. Cornwallites are great people.

Second **"Sammy Salute"** to the **Paramedics.** In July, I had an accident and this time they again took the greatest care with us. They are great at their jobs and treated us with enormous care and efficiency.

I have been here a little over a year and have been met with nothing but helpfulness and care.

A big THUMBS UP to all of Cornwall people. Thank you.

Ms. Michele Sutton

If there ever was a reason to keep governments from doing things, this boondoggle of a **Federal Gun Registry** is it. Originally planned at $2 million, it has exploded by 500 times to $1 billion. And guess what? It's a shamble. What's more, the government deliberately kept Parliament in the dark. The Liberals lied to us.

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How smart are you? Read this sentence: Finished files are the result of years of scientific study combined with the experience of years. Now count aloud the Fs in the sentence. Count them only once; do not go back and count them again. (Answer further down.)

Attention Parents: Please be kind and considerate with your little tykes in the warm shopping malls. One reason for their crankiness could be that they are warm. Unzip their coats so that they are comfortable while you are doing your shopping.

Shame, shame on the **Royal Canadian Mint** for changing the words in their ad campaign from *"The Twelve Days of Christmas"* to *"The Twelve Days of Giving."* Hope you get big pieces of coal in your "Christmas" stockings! Politically correct…give me a break!

A big thank you to the OSPCA for picking up a cat in distress a few weeks ago.

Answer to How Smart Are You: There are six Fs in the sentence. On average, most people find three of them. There is no catch. Many people forget the F in 'of.' The human brain tends to see it as the letter V instead of F.

Thought for the Week: "It is better to be short of cash than short of character."

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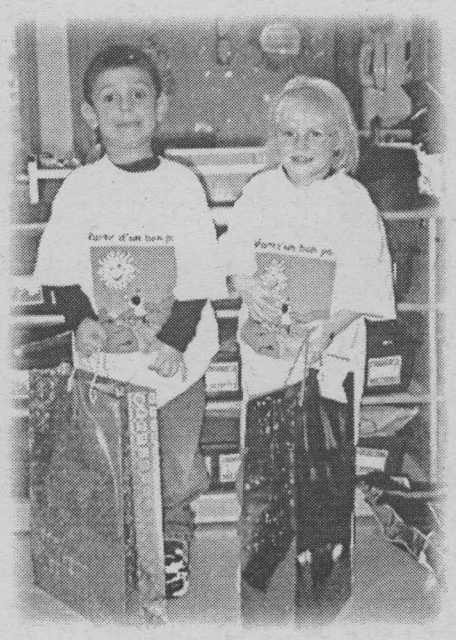
A great big thank you to the **management and social committee** at **SigmaPoint** for a fantastic Christmas party and a great job by **Dan M.** and the **City Slickers!**

Un gros MERCI

aux commanditaires de Partir d'un bon pas qui ont contribué au succès du programme 'Les visites scolaires'

Équipe Psycho-sociale
(613) 938-7112
Pierre Landry
Directeur-général



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Seaway Pet Corner



Sniff…sniff…sniff…that's what ferrets do best!

During this holiday season, stop and smell the flowers. This message is sent to us by Trinity, a two and a half year-old Sterling Silver ferret.

Owner: Paul Taillon

Bring in your favourite pet photo along with a small caption and we'll publish it so all our readers can enjoy it too!

Drop in to our office at 329 Second Street West.

DEADLINE IS TUESDAY 5PM

SEAWAY SMILE

Every week, the "Smilers" at AdVantages Advertising author "Seaway Smile" … a little bit of humour to get your week off to the right start.
The "Smile" can be accessed via the internet too!
http://www.advantagesadvertising.com
Your own submissions are always welcome!
Send them to smile@advantagesadvertising.com

Gifts For The Teacher

On a special teacher's day, a kindergarten teacher was receiving gifts from her pupils. The florist's son handed her a gift. She shook it, held it over her head, and said, "I bet I know what it is - flowers!"

"That's right!" said the boy, "but how did you know?"

"Just a wild guess," she said.

The next pupil was the candy store owner's daughter. The teacher held her gift overhead, shook it, and said, "I bet I can guess what it is - a box of candy!"

"That's right! But how did you know?" asked the girl.

"Just a lucky guess," said the teacher.

The next gift was from the liquor store owner's son. The teacher held the bag over her head and noticed that it was leaking. She touched a drop of the leakage with her finger and tasted it. "Is it wine?" she asked.

"No," the boy replied.

The teacher repeated the process, touching another drop of the leakage to her tongue. "Is it champagne?" she asked.

"No," the boy replied.

The teacher then said, "I give up, what is it?"

The boy replied, "A puppy!"

It's a good thing it was mild in Vancouver last week. Just ask **Tom Reed** of Long Sault. He attended his brother's wedding with the rear end of his pants ripped wide open. Rumour has it he breezed through the entire ceremony without a stitch or a hitch!



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If you have a love of animals and are looking for something to do next weekend, why not drop in at the Animal Adoption Centre, SD&G Branch, 550 Boundary Road on Saturday and Sunday, December 14th and 15th, 2002 from 11 a.m. to 4 p.m. It's their Christmas Open House and everyone is welcome, even your pets!

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Keeping Health In Mind

Tri-County Mental Health Services

By Erin Pecknold, B.Sc., OT(C), Occupational Therapist, Tri-County Mental Health Services

For many people, retirement means 'freedom to do what I want.' It can be an exciting time – something you've worked for and looked forward to for years. Sleeping in, relaxing, doing all the things you never seemed to have time for when you were working.

For others, it also means losses, financial worries, and concerns about staying healthy. Without the routine of work, people may lose structure, social interactions with co-workers, a sense of purpose, loss of professional identity, loss of income, and loss of lifestyle.

Without planning ahead, those golden years of retirement can stretch out into endless days of anything but. For some, too much time on their hands leads to anxiety and depression. A feeling that life just isn't worthwhile. For others, too much time with a spouse they never saw during work hours can lead to extra tension and marital conflict.

A little bit of planning can help in coping with this radical change in lifestyle and role. Before you retire, think about phasing out of work slowly, maybe working part-time for a while. Develop a social network of friends – get more involved, and not more isolated. Set some goals for yourself – whether it's learning a new language or taking Yoga classes. Then, when retirement arrives, it may not be such a shock.

Structure your time – get up at the same time each day and plan your day to include things that are good for you physically, emotionally, and spiritually.

If living with a spouse – balance time alone with time together. You have been away from home for many years for eight hours a day. Now, you may find it overwhelming to have that eight hours of togetherness.

Try not to worry about what you cannot control – illness or disability may happen, but you cannot live your life in fear of a possibility. Enjoy what you have now.

Occupy your time in a purposeful way – volunteer, take classes, exercise, learn new hobbies, and enjoy old ones. Having a meaningful role in life can take many forms – it does not have to be work-related.

Walk instead of drive – it will take more time to get there and it's good exercise, too!

Decide how you want to be remembered and try to live up to that now!

Even with planning and setting goals, some people find it too hard to deal with the changes that come with retirement, and may become very discouraged or even depressed. Some signs of depression include a persistent sad or anxious mood, loss of interest or pleasure in activities, increased isolation, feeling hopeless, sleep or eating problems, decreased energy and neglected hygiene. If this sounds like you or someone you know, remember that depression is treatable – with some support, those golden years can still be something exciting and meaningful.

Keeping Health in Mind is a monthly newspaper column made possible with the help of Seaway News and the clinical staff of Tri-County Mental Health Services, a community program of the Cornwall General Hospital.

High Tech Diagnosis For Back Pain?

(NC)–Getting a precise diagnosis is probably the most complex and frustrating aspect of back pain. It's true that many difficult-to-pin-down problems can be solved with the help of a CT Scan (Computerized Tomography) or an MRI (Magnetic Resonance Imaging). But these high-tech tools are not helpful for the vast majority of back pain sufferers. The people who can benefit are the few patients who are candidates for surgery. In these cases, a high-tech test can help confirm the diagnosis which the physician makes when he or she examines you. For the rest of us, the latest technology is tempting but provides very little additional information since the conservative (non surgical) treatment will be the same.

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MAKING WAVES
Mary Roy & Staff would like to wish all of our friends & clients a Happy Holiday Season.



Standing L to R: *Tammy Willard, Dawn Borris, Rachel Guay, Sasha MacMillan, Barbara Thomson, (Melissa Greer missing from photo)*
Seated L to R: *Valerie Beaupré, Julie Brunet, Mary Roy, Julie-Eve Delude*
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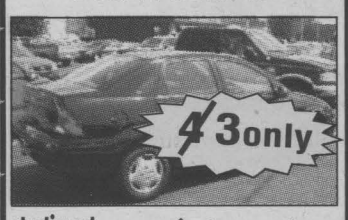

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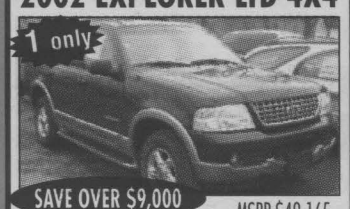

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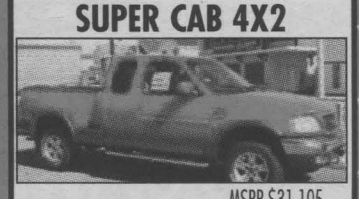

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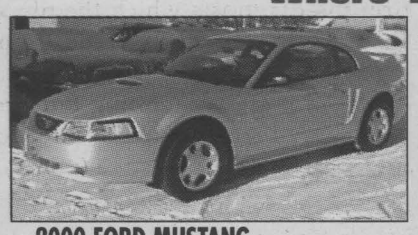

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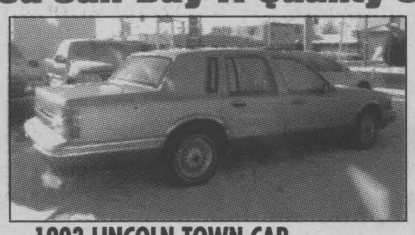

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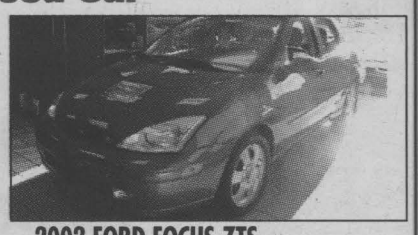

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South Stormont

Atom "C" OPG Selects

Back on home ice in Long Sault on Saturday, November 23rd, 2002, the Selects hosted Morrisburg. Back on the winning end, the Selects won with a 4-2 score. Kevin Hope scored two goals, Graeme McDonald set up both goals. Brayden Girard came in for the third goal with a hard shot. Graeme McDonald assisted Brayden Girard's goal, Kurtis Winkenweder showed up in time to score goal four. Alex Hambly and Bryce MacNeil assisted Kurtis Winkenweder's goal. Brayden Girard played his third game with the Selects and was right at home. The defence was solid.

On Saturday, November 30th, 2002 the South Stormont Atom "C" OPG Selects hosted Kemptville on home ice. After a hard-fought game, the Selects came out on top with a final score of 4-2. Matt Viau, Meagan Sommers, Blake Michaels and Devin Coughlin worked hard to keep the score down. The first goal was scored by Kevin Hope. Soon to follow, Graeme McDonald touched the net for the second goal. Kevin Hope showed up again for a "Selects Sure Shot" and scored the third goal. Kemptville pulled their goalie when Kevin Hope cruised on down the ice, and with a fancy curve, he scored the fourth goal. Kevin Hope assisted Graeme McDonald's goal. Jordon Graham played a fine game in nets.

On Sunday, December 1st, 2002 the Selects hosted NGS on home ice and skated away with a 7-2 win. Jordon Graham had lots of shots to stop. Starting off the scoring was Spencer Vivarais, touching the net two times. Setting up Spencer Vivarais' two goals was Graeme McDonald. Alex Hambly skated a fine line to score the third goal. Getting on the scoreboard for the fourth and fifth goals was Graeme McDonald with a pair of hard shots. Assisting Graeme McDonald with both goals was Kevin Hope. Earning another pair of goals was Kurtis Winkenweder with a touch to the net. Bryce MacNeil assisted Kurtis Winkenweder's goal. The defence played a tough game, keeping the lines clear.

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Seaway Valley

Minor Peewee "AA" Rapids

The Seaway Valley Minor Peewee "AA" Rapids travelled to Nepean to play the Raiders Friday, November 29th, 2002 and the score ended 3-2 in Nepean's favour. Brock Gouweloos scored the first goal unassisted. With goalie Grant MacNeil pulled in favour of an extra attacker, Jérémie Spagnolo scored the second goal with Ty Perry and Rod Archer assisting on the play.

Upper Canada Mortgage

Major Peewee "AA" Rapids

The Upper Canada Mortgage Major Peewee "AA" Rapids had a busy weekend playing three games in four nights and came up short in every game.

On Thursday evening, November 28th, 2002 the Rapids travelled to Ottawa to play the Ottawa Sting and came up just short as they lost 4-3. Sean Rudy led the attack with a pair of goals and Shane Kitchen added the single marker.

On Saturday, November 30th, 2002 the Rapids hosted the Ottawa Valley Titans and were defeated 6-2. Alley Bero and Brendan Trasuk each had a goal in the loss.

On Sunday, December 1st, 2002 the Gloucester Rangers travelled to Cornwall and went home with a 2-1 victory. Josh Lapierre had the lone goal for the Rapids.

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South Stormont

Midget HL Selects

The Kingston Cougars Tournament was a learning experience for the South Stormont Midget HL Selects as they were soundly beaten 8-1 by Port Credit in their tournament opener. Greg Markell was the lone Selects marksman. Port Credit, comprised entirely of 17-year-olds, scored twice in the first 30 seconds and dominated the contest.

The Selects rebounded nicely in their second game to record a 3-1 win over Kingston. Greg Markell again led the way, notching a pair of goals, with Ian Hickman adding a single.

Their third game produced similar results, with James Luciani and Delio Rossi combining for the shutout in a 2-0 win over the Nepean Chiefs. Jesse Moise and Doug Alguire provided all the offence needed.

Despite the two wins, the Selects failed to advance to the final as their first game letdown came back to haunt them.

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South Stormont

Atom HL Wolves

The South Stormont Atom House League Wolves played the South Stormont State Farm team on Sunday, December 1st, 2002, and after a hard played game the Wolves came away with their first defeat of the season.

The State Farm team came out strong in the first period and the Wolves had to skate hard and dodge a lot of hits to keep the score at 0-0.

All the scoring for both teams took place in the second period. Clark Veenstra skated down the ice and scored State Farm's first goal. Right after this, Kevin Hope took the face-off and did the same thing for the Wolves to put the Wolves' first goal on the board. State Farm scored two more goals in the second, and the Wolves' Graeme Markell responded with another goal for the Wolves.

The Wolves tried their hardest to score a third goal to tie the game, but they ran out of time in the third period.

Andrea Maloney played a great game for the Wolves and took a hard hit against the boards. In nets for the Wolves was Brandon MacKenzie, who made some amazing saves during the game.

Typhoons Take Kingston Cup

Cornwall Midget "A" girls hockey team were successful in only their second tournament this year. In the round robin portion of the tourney they went undefeated against Ottawa NCCP, Guelph and Hamilton. This advanced the Typhoons into the finals against Cobourg. With the Typhoons ahead 2-1 with the clock ticking down, Cobourg scored the tying goal to force overtime. Overtime only lasted three minutes until Christine Julien broke loose on a breakaway to score the winner.

Coach Art Sinfield was pleased with the results. "Each game was a tight physical one. Goalies Lauren Dallas and Vanessa Carter both came up with stellar performances. I feel we were well prepared for this tournament. In our own Cornwall tourney we made it to the finals but came up short in the end. That made us hungry for the Kingston trip," Sinfield commented.

"The girls had a good pre-season series, going a record of two wins, two ties and two losses. It's early in our league play and so far we are doing well with a record of three wins and one loss. We are heading west for the rest of our tournaments, this year in Guelph, London, Brantford and Brampton. I feel that the exposure and competition the girls will get from these trips will help us in our league play and also into the Provincial Playdowns," said coach Sinfield.

Team members are: Lauren Dallas; Chantal Alarie; Krystal Van Leishout; Mallory Wereley; Vanessa Carter; Krista Atchison; Jessica Legue; Melissa Parent; Nathalie Lafave; Tara Sinfield; Amy Ouderkirk; Chantal Lortie; Dayna O'Connor; Christine Julien; Mary Jane O'Shea; coach Art Sinfield; assistant coach Rick Carter; assistant coach Clayton Ouderkirk; and trainer Colette Legue.

Club 55+ Action

By George Belmore

As we near the halfway point of the schedule in Club 55+ action at Olympia Bowl, the five "Ws" come to mind: "Who" of the Merpaws will stay in the top 10 averages? Cliff is in ninth with a 195.2 and Shirley is tenth with 172.9. "What" team is holding back before making their move? My guess is it's the Panthers, Roma Amelotte, Joan Eamer, Art McCrae, Edna Dagostine, Lawrence Markell and Heather Wilson, they are currently in sixth, three points out of first. "When" will yours truly put together three good games? Just bowling better is not good enough. "Where" is Simone Kearns in the average race? I predict the top 10 in 2003. "Why" are the Elephants (19 points) with 138 strings bowled and a team average of 149.2 in third, and the Moose (nine points) and 165 strings bowled, with a team average of 149.3 in last, 22nd?

Highs Rolled: Bob Carter 239, Lee Kirkey 238, Ron Currie 220, Peter Van Loon 218, Seymour Boileau 215, Bill Wilson 214, Clarence Stang 212, George Belmore 204, Conrad Godard and Alex Robinson 203, Roma Amelotte, Amelia Legue and Thelma Goulet 202, and Maurice Desrosiers 201.

Attendance Winners: George Beaudette, Theresa Dubeau, Raymond DeRepentigny and Jeanette Menard.

Sometimes in a lifetime, friends are few and far between, but then again, when you think about it, if you were yourself as another person, would you want yourself for a friend?

South Stormont

Midget "B" Selects

The South Stormont Midget "B" Selects played North Dundas to a 3-1 loss recently. The game was tied 1-1 until the last couple of minutes of the third period. The lone goal was scored by Tim Hebert.

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South Stormont

Bantam "B" Selects

On Thursday, November 21st, 2002 the South Stormont Bantam "B" Selects defeated the Cornwall Bantam "S" Royals 7-1 in a penalty-filled game in Long Sault.

Scott Hickman, Jordan Squire and Josh Hickman all scored twice with Adam Jodoin netting a single for the Selects, while Matthew Gaudet had Cornwall's lone goal. Ben Billard shined between the pipes for South Stormont.

On Monday, November 25th, 2002 the Bantam "B" Selects travelled to Williamstown to meet the second place Rebels and Adam McRae was all but perfect in nets for South Stormont leading his team to a 4-1 victory, solidifying the Selects' lead in their division. Scott Walker, Jessy Smith, Nick Lefebvre and Adam Jodoin all scored once while Tayler Letford had two assists. Adam Barton netted the Rebels' lone marker.



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South Stormont

Pee Wee "B" Selects

The Selects were busy in the last few weeks. They had a great time at the Silver Stick Tournament in Pembroke on the weekend of Friday to Sunday, November 22nd to 24th, 2002. Even though they were not able to win any of their games there was a great time enjoyed together by everyone including the parents. The Selects faced some very talented teams and had to play hard but managed only one goal per game in a 4-1 loss to Gananoque with Ty Kinstler rushing the puck from his own net (à la Bobby Orr) and scoring a beautiful goal unassisted to tie the game 1-1, but they weren't able to do more, being outshot 34-9. Matt O'Neill was great in goal stopping 30 shots.

The next day against Orleans for a 5-1 loss, they were outshot again 30-12 with Jordan Konink in goal for a solid performance. Daniel Bissonnette picked up the lone goal from a one timer shot in the slot after great passes from Brent Maxwell and Daniel Viau. Later that day to Arnprior they suffered a 4-1 loss with Brent Maxwell's strong slapshot from the blue line past the goalie for the only goal of the game with shots of 34-7. Matt O'Neill was again at his best robbing many players with big glove saves.

At home to Char-Lan on Friday, November 29th, 2002 for a 5-1 loss with Kyle Middleton scoring on a bad bounce of the puck between the goalie's legs.

On Saturday, November 30th, 2002 in the Char-Lan Tournament, a big confidence win to Orleans 4-0 with Jordan Konink picking up the shutout. Goals from Patrick Gilmour, Zach Kroeze, Joey Gallately and Daniel Viau. Assist to Ryan Seguin, Ty Kinstler, Brent Maxwell twice and Patrick Gilmour who also got Hustler of the Game.

The kids felt good about the win but lost to Massena 4-1 in a good performance from Stephan Beaupre and the return of Jordan Aubin. Joel Stang picked up on the goal assisted by Daniel Sullivan. Daniel Viau got Hustler and Matt O'Neill had his best game of the year but was forced out of the game late in the third after 32 shots and only three goals when he let out some of his frustration. The Selects ended in the "B" finals to South Grenville but were shut down. Ryan Seguin got Hustler.

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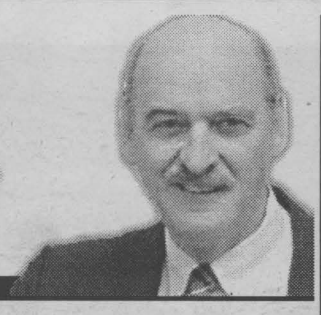
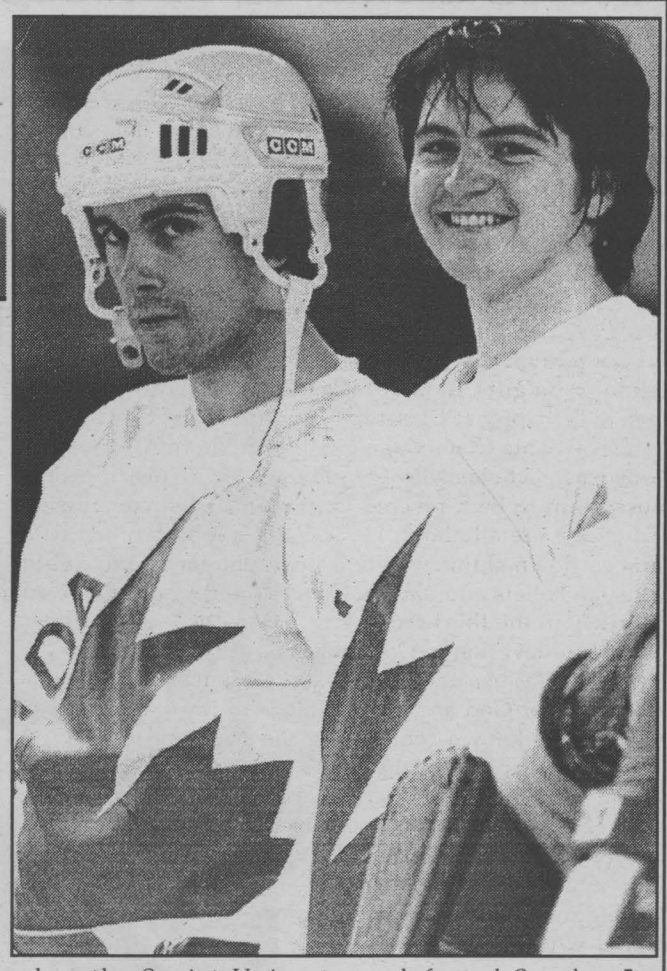


with Bill Gallant

Christmas time in Cornwall back in 1977-78 was an exciting time for hockey fans. That was the year Canada and the City and the Cornwall Royals would play host to the CAHA World Junior Hockey Tournament. Games would be played at the arenas of the Québec Major Junior Hockey League. That included the Civic Complex. Teams arriving for the tournament were from West Germany, Sweden, Finland, The United States, the USSR, Czechoslovakia, Switzerland and Canada's Juniors.

The CAHA wanted to form a Junior Team from across Canada and they invited players from Western Canada as well as Ottawa, Kingston and from the QMJHL. After the final selections were made, the Cornwall Royals had two players named to the team: Royals' captain, Rick Patterson and goalie, Tim Bernhardt. Others on the final Canadian roster included 16-year-old Wayne Gretzky, Bob Smith and Tony McKegney. Team coaches were Orval Tessier, Gus Bodner and Ernie McLean.

Games were scheduled to be played during the QMJHL December Holiday break. The Civic Complex had 10 games scheduled - four pre-tournament exhibition games, three tourney games and three playoff matches. Attendance at the Complex and the rest of the Québec League city rinks was sadly very low for all 34 games played. The final championship game was played at the Montréal Forum and only 3,966 fans attended



when the Soviet Union team defeated Sweden 5-2.

It was the final year of junior hockey for both Bernhardt and Patterson. Royals lost out in the second round of the QMJHL playoffs that year to the Montréal Juniors. There was a happy ending however for the Royals as Tim Bernhardt was named the league's top goaltender and won the Jacques Plante Trophy.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Munro Agromart

Peewee Travelling Team

The Munro Agromart Peewee Travelling Team earned three points in two games recently. On home ice, the Rebels trounced the Long Sault Selects 4-0. Goal scorers were Grant MacDougall, Steven Rose, Thomas Lang and Jonathan Jasper. Solid goaltending earned Taylor Servais a shutout.

In the second game, the Rebels travelled to Chesterville to meet the North Dundas Demons and only managed to come away with a tie. Thomas Lang tied it up in the third period for a score of 1-1.

South Stormont

Atom HL Warriors

On Wednesday, November 27th, 2002 the Warriors travelled to Lion country where they shut down the Morrisburg team 8-0. Leading the way was Brayden Girard with two goals and three assists. Derek MacDonald notched two markers while Brodie Sleeman and Brett Gambill each recorded a goal and an assist. Rounding out the scoring was Tyler Brownell with one. Jordan DeRooy, Kurt Andrews and Isaac Wheeler had one assist each. Goalie Jason Armstrong earned the shutout.The Warriors were in Spencerville in Sunday, December 1st, 2002 and defeated Kemptville by a score of 8-5. Scoring for the Warriors were Brayden Girard with four, Brodie Sleeman with two and Derek MacDonald with two as well as an assist. Also assisting on the goals were Mark Bouwman with two and Tyler Brownell, Isaac Wheeler, Brett Gambill, Brent Harbers and Jordan DeRooy each with one.

South Stormont

Atom HL Team 4

The South Stormont Atom House League State Farm team completed a successful week, ending up with two wins and a tie.

On Tuesday, November 26th, 2002, the State Farm team travelled to Morrisburg to play the Morrisburg Team 2 and played to a 2-2 tie. Drew Veenstra played a strong game scoring both goals, with Clark Veenstra assisting on both goals. Nathan Eamer was solid in nets.

On Saturday, November 30th, 2002, the State Farm team played host to the Morrisburg Team 2 and came away with a 4-0 win. Jenny Lee played a great game and ended up with a goal and two assists. Also scoring were Clark Veenstra (two) and Mathew Sullivan. Assists went to Steven Kuipers, Clark Veenstra and Mathew Sullivan. Troy Veenstra played a good game between the pipes to get the shutout.

On Sunday, December 1st, 2002, State Farm ended the week with a hard fought 3-2 win over the South Stormont Wolves. This was a total team effort with everybody contributing. Mathew Sullivan had a solid effort and ended up with two goals and an assist. Clark Veenstra chipped in for a goal and an assist and Jenny Lee assisted on two of the three goals. Troy Veenstra played another strong game in nets.

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Snow Blindness: This occurs when direct and reflecting sun glare are too bright for the eyes. Riding without good quality, UV protected sunglasses can cause permanent damage.

Frostbite: Frostbite results from freezing temperatures and poor circulation. Most common extremities and exposed skin, it can be identified by unnaturally white and numb skin surrounded by harsh red colouring. Cover up and layer well, making sure that socks fit loosely within your boots. And remember mitts with liners are warmer than gloves.

Wind Chill: Wind chill is lower temperature caused by wind and/or the forward momentum of a fast moving sled. Wind chill exposes you to severe cold which in turn can cause hypothermia. Windproof outer garments, extra layers and a balaclava will offer some protection, but keep your face shield down to prevent wind burn and to protect your skin and eyes.

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Christmas Is A Holy Day Not A Holiday



Happy Holidays! Season Greetings! Best of the Season! We hear every greeting except "Merry Christmas." CFRA radio station the other day dedicated an entire morning to this whole question of Happy Holidays or Merry Christmas. The announcer (Mr. Greene) went on to say that he had reviewed every flyer that came in the mail and they all read "Happy Holiday" or similar expressions. Only Wal-Mart's ads read "Merry Christmas" and Mr. Greene's comments were: "What happened to Christmas as a Christian Holy Day?" It's been taken over by commercial enterprises who have changed the Holy Day to a holiday with gifts, food, drinks and special merriment. We need to be happy at Christmas but for the right reasons.

The real Santa Claus was a Godly man (born AD 280). His name was Nicholas whose reputation for giving to people caused him to be a revered example of what compassion and giving are all about. He was not a jolly fat man who climbed down chimneys but a man who had a life full of Christian beliefs and values. Nicholas and his family lived in Turkey in the third century and his parents taught their young son devotion to God and to be very generous to the poor. Nicholas became a priest at the age of 19 and continued living for God and giving followed his pattern of living. He was known for helping the poor and one could hardly keep account of the virtue and goodness he spread around him. He died on December 6th AD 343 and with his last breath he said, "In the Lord I put my trust."

That's the real Santa, and quite frankly I find his story much more interesting and of value than all the ones about dancing snowmen and flying reindeer. Nicholas was a man of God who helped his fellow man, went to church and mirrored God's values and to the society of his day.

Christmas is a Holy Day and not a holiday! Christmas is Holy because Jesus, the Son of God was born some 2,000 years ago.

Please tell your children and your grandchildren the real Christmas story! Look up St. Nicholas' biography! Build a creche scene in your home and let's endeavour to keep Christmas a Holy Day and not just another holiday.

Pray with me today: "Thank you God for the gift of Your Son at Christmas! Help me to understand its true meaning and purpose. I want Jesus to be my Saviour and please come into my life. Amen."

Remember as always, God loves you! He really, really does!

Second Thoughts

1. The true meaning of Christmas will not be found under a tree!
2. Love without action is not love!
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OBITUARIES

LaBARRE - Medard

Passed away at the Glen-Stor-Dun Lodge, Cornwall, Ontario on Thursday, November 7th, 2002 age 85 years. Mr. Medard LaBarre, born in Warwick, Québec and formerly of Cornwall, Ontario. Dear son of the late Dénérie LaBarre and the late Victoria Laisse. Beloved husband of the late Alice Laverdure. Beloved father of Michel LaBarre (Tin-Ng) of Manotick, Ontario and Lise LaBarre of Phoenix, Arizona. Dear brother of Rolland LaBarre of Sorel, Québec. Dear grandfather of Trevor and Michel. Predeceased by son, Normand LaBarre, brothers, Donat, Maurice and Edmond LaBarre, and grandson, Jeremy Austin. The funeral service, officiated by Rev. Roger Desrosiers, took place on Tuesday, November 12th, 2002 in the Memorial Chapel of Boulerice Funeral Home Ltd. Interment of the cremated remains will take place at a later date in St-Ligouri Cemetery, Québec.

O'DONNELL - Helen Marguerite

Passed away at the Janet MacDonell Pavilion on Thursday, November 7th, 2002 age 93 years. Dear daughter of the late Frank Glancey and the late Winnifred (Beattie) Glancey. Beloved wife of the late Thomas O'Donnell. Loving mother of Kevin (Laurie) of Hudson, Québec, Brendan (Celine) of Ottawa, Ontario and Mary-Frances O'Donnell (Victor Trower) of Montréal, Québec. Dear sister of Theresa Wheeler (Tony) of St. Andrews West, Ontario. Sadly missed by grandchildren, Katherine O'Donnell, James O'Donnell and Alexa Gendron-O'Donnell. Predeceased by brothers, Bernard (Evelyn), Leonard and Harold Glancey (Katie) and sisters, Maye Thompson (George) and Mary-Frances Decaire (Wilfred). Rested at the Wilson Funeral Home. The Mass of the resurrection with commendation and farewell was celebrated by Reverend Bernard Cameron in St. Andrews Roman Catholic Church on Saturday, November 9th, 2002. Rite of Committal followed in the parish cemetery. The pallbearers were Bryan Clouthier, Jeff Baker, Pat Glancey, Doug Wheeler, Frank McDonald and Henry Glancey, with James O'Donnell as Honourary Pallbearer. Funeral arrangements were under the care of Wilson Funeral Home.

BEAUREGARD - Marcel Gérard

Passed away at the Janet MacDonell Pavilion, Cornwall, Ontario on Wednesday, November 6th, 2002. Mr. Marcel Gérald Beauregard, in his 67th year, born in Cornwall, Ontario and formerly of Cornwall. Dear son of Lucien Beauregard and the late Emilienne Gagné. Beloved husband of Beverly Beauregard (nee Lascelle). Loving father of Elaine (Mrs. Richard Langlois) of Gatineau, Québec, Luc Beauregard (Kathy Pender) of Kanata, Ontario and André Beauregard of Ottawa, Ontario. Dear brother of Jeannine Baker (the late Ken Baker), Yolande (Mrs. Bob Legault) and Liette (Mrs. Conrad Groulx) and Yvon Beauregard (Iona) all of Cornwall, Ontario. Sadly missed by grandchildren, Angela, Melissa, Brian and Caroline Beauregard and Marc, Lisa and Patrick Langlois, and godchildren, Sylvie Groulx and Giles Lascelle. Predeceased by son, Marc Beauregard. The funeral took place on Thursday, November 7th, 2002 from Lahaie and Sullivan Cornwall Funeral Homes East Branch with cremation at South Branch Crematorium. Mr. Beauregard was a former employee of Domtar Specialty Fine Papers. A Memorial Mass was held on Tuesday, November 12th, 2002 in St. Peter's Church. Rev. George Maloney officiated.

KILGOUR - Robert William

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Wednesday, November 6th, 2002 age 78 years. Dear son of the late Gordon Kilgour and the late Elizabeth Cogswell. Beloved husband of Jean Gallinger. Loving father of Joseph Kilgour (Susan) of Cornwall, Ontario, Murray Kilgour (Jeannie) of Michigan, and Florence Selin (Lauri) of Albany, New York. Dear brother of John Kilgour of Ottawa, Ontario. Cherished grandpa of Trevor Kilgour (Aimee Kole), Lindsay Kilgour, Phillip Kilgour and Sarah Kilgour. Predeceased by brother, Joseph and sisters, Margaret Riekie and Dorothea at infancy. Rested at the Wilson Funeral Home. A Royal Canadian Legion tribute was held during the visitation. Funeral services were held in the chapel of the Wilson Funeral Home on Saturday, November 9th, 2002. Reverend Katherine Gregory of Knox-St. Paul's United Church officiated. Musical selections for the funeral were performed by family friends, Rosemary and William Brown. Interment followed in Woodlawn Cemetery. The pallbearers were Julien Viau, Tom Calder, Moe Champagne, Ed Lagallais, Ron Picher, and Don Mano. Funeral arrangements were under the care of Wilson Funeral Home. Mr. Kilgour was a former employee of Domtar Fine Papers, a member of the RCAF in Canada, and a member of the Royal Canadian Legion Branch 297.

PILON - Roger Joseph

Passed away with his beloved wife and companion by his side after a courageous battle with cancer, at the Janet MacDonell Pavilion, Cornwall, Ontario on Wednesday, November 5th, 2002, age 75 years. Dear son of the late Alex Pilon and the late Agatha (Bergeron) Pilon. Beloved husband for 53 wonderful years to Rita Sabourin. A strong, involved, loving patriarch and loving father of Michel (June) of Ottawa, Ontario, Maurice (Vivianne) of Toronto, Ontario, Pierre (Barbara Rutley) of Cornwall, Ontario and Lise-Marie (Harold Asmis) of Toronto, Ontario. Dear brother of Claire Sullivan (Ralph) of Cornwall, Ontario and Beverly Statia (Basil) of Langley, British Columbia. Sadly missed by 10 grandchildren. Predeceased by brothers, Joseph and Maurice, and sister, Jacqueline Pilon. Rested at the Wilson Funeral Home. A Knights of Columbus prayer vigil was held during the visitation. The Mass of the resurrection with commendation and farewell was celebrated by Reverend George Maloney, assisted by Reverend Kelvin Maloney and Archdeacon Gordon Bryan in St. Peter's Roman Catholic Church on Saturday, November 9th, 2002. Readings for the funeral were by Sergeant Thom Racine with grandson Jeremy Pilon acting as an altar server. Members of the Cornwall Police Service formed an Honour Guard at church for both the processional and recessional. Rite of Committal to take place at a later date in St. Columban's Parish Cemetery. The pallbearers were members of the Cornwall Police Service, Staff Sergeant Acting Inspector Rick Carter, Staff Sergeant Danny Aikman, Staff Sergeant Garry Derochie, Staff Sergeant Luc Brunet, Sergeant Thom Racine and Constable Marc Bissonnette. Funeral arrangements were under the care of Wilson Funeral Home. Mr. Pilon was a retired Sergeant, Cornwall Police Department, a member of the Knights of Columbus Ontario Council #755, an active member of St. Peter's Parish and a frequent and cheerful visitor at the Glen-Stor-Dun Lodge.

AMYOTTE - Karen Pansy Laura

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Sunday, November 3rd, 2002. Ms. Karen Pansy Laura Amyotte, in her 37th year, born in Cornwall, Ontario and formerly of Cornwall. Dear daughter of Douglas Lafave Sr. and the late Joan Garlough. Loving mother of Carrie-Lynn Lafave of Cornwall, Ontario. Dear sister of Douglas Lafave Jr. and Sean Lafave (Brian) both of Ottawa, Ontario and Steven Lafave (Krista) of Cornwall, Ontario. Also survived by previous husband, Ronald Amyotte. The funeral took place on Wednesday, November 6th, 2002 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Memorial Chapel with burial at Woodlawn Cemetery. Rev. Stephen Silverthorne of Trinity Anglican Church officiated. The pallbearers were Kevin Papineau, Bill Upson, Marcel Mallette, Ron Amyotte, Roger Amyotte and Don Cella.

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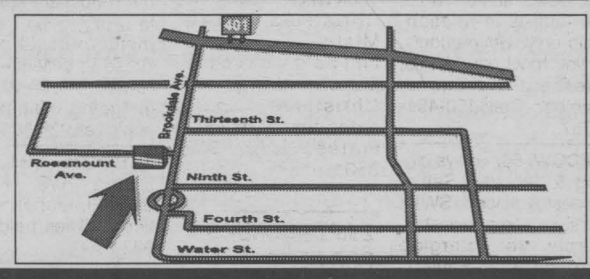

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this week in
NASCAR

Greg Wallace Keeps Dad Rusty Right On Track

Tune into Rusty Wallace's race-day radio and you might think someone has programmed a talk show on the regular track frequencies.

It's not Dr. Phil or Dr. Laura, but sometimes it's, uh, entertaining. And not in the shock-sense of bad language or tirades. Silence prevails when appropriate, but Wallace is no wallflower in or out of the car. Usually he and crew chief Bill Wilburn are communicating -- fixing, exchanging, and, occasionally, arguing. Spotters squeeze in their contributions. So does owner Roger Penske, when he's around.

Amid all this cacophony, you wonder how decisions are reached, must less formulated. Yet one voice has commanded Wallace's ear the past three weeks -- that of his eldest son, Greg.

Sunday's Winston Cup finale at Homestead marks Greg's season finale at spotting, and according to the one opinion that counts, he's earned his headphones.

"When he comes across the radio, it's like crystal clear," said Wallace. "I really make out every word he says. He's kind of hyper like me, so it's, 'Clear high! High! Low! Low! Low!' It's not like, 'Oh ... they're ... looking ... inside ... '"

Not that regular spotter Earl Barban is a snore. Wallace is quite comfortable there, but Barban, who also functions as a mechanic, twice has required a backup at his Sunday perch, once at midseason when he had to replace the jack man for several races, and again during the past three weeks, after he suffered injuries in a motorcycle wreck en route to Rockingham.

Barban's first absence -- you can't spot with a jack in your hand -- occurred during the Cup series' first visit to Charlotte. Greg, who'd only dabble-spotted prior to this season (as the second guy at both road courses and Indianapolis), was recruited to replace the veteran. He admits to a few preliminary butterflies, but some things are innate.

"I've been around race cars my entire life, from the time I was born," said Greg. "I can't tell you how many of these races I've been to, and at every race, I listen to the headsets. You pick up on the lingo and stuff like that."

He kept the job for seven weeks -- through the Pepsi 400 at Daytona. After Barban ended up in the hospital the Thursday before Rockingham, the elder Wallace made another call to the family bullpen.

"Knowing his personality and his temper when he gets in the race car helps," said Greg, who added that his father is "all business" behind the wheel.

Blood doesn't guarantee immunity, however. Last week at Phoenix, Rusty told Greg to speak up, once, that he couldn't hear him. It was not a suggestion.

"Dad's not afraid to tell me what he thinks when I'm screwing up," said the son, who reported getting yelled at only, "10 or 12 times," all season; that one should expect it.

"People always ask me that, but it's been pretty smooth," said Greg. "He's usually pretty complimentary to me at the end of the race."

Blue-eyed and blonde like his father, Greg Wallace is no kid. He's 22, and a fresh college graduate. Has spent his summer and fall interning with a New York law firm. The group had given him a few weeks off to prepare for the LSAT, so he didn't have to clear his latest spotting duties with a boss, but he may have to clear his calendar in the coming weeks.

On December 7th, 2002 Greg will take the LSAT -- the qualifying exam for law school. He'd like to begin graduate school next September 2003, but driving's not totally out of his plans. He's been competing weekly in late models, and hasn't given up on racing; he just has other ambitions, and a law degree -- perhaps mixed with an MBA -- would fuel many of them.

Not the least of which includes staying in motor sports.

"Maybe end up a team owner, eventually," said Greg. "Who knows? A general manager. And maybe just branch out in some other sports. I know I want to be involved in sports, and we'll just have to see what happens."

Stewart Visits White House, President Bush

Recently crowned NASCAR Winston Cup Series champion Tony Stewart kicked off his Champion's Week in grand fashion Monday as he visited the White House and met President George W. Bush.

Stewart, the 31-year-old from Rushville, Indiana met with President Bush for about 15 minutes and signed and presented one of his Home Depot racing helmets.

"It was quite humbling," Stewart said following his visit. "It was a very grateful feeling in that short amount of time with the President. He made us feel like one of the guys -- except that he has a lot of power. I was a lot more nervous going to the big red (NASCAR) trailer than making the trip to the Oval Office. It was very flattering to have the private time he spent with us."

Stewart was joined on the visit by his girlfriend, Jaime Schaffer; team owner Joe Gibbs and his wife, Pat; crew chief Greg Zipadelli and his wife, Nan; and The Home Depot President/CEO Robert L. Nardelli.

"It was an awesome experience standing in the Oval Office, and we were very fortunate to be in the same room as the President," Gibbs said. "All of us were very impressed by how approachable he was. We were all excited, especially Tony."



STEWART

"It was neat to see how nice he was but yet at the same time see how much control he has," Zipadelli added. "He told us about the pictures hanging in the Oval Office and what each meant. It was quite a lifetime experience."

Stewart will head to New York City this evening to begin a weeklong flurry of activity that will culminate with Friday evening's NASCAR Winston Cup Series Awards Ceremony at the Manhattan Center.

He will be involved in a variety of media activities throughout the week, including guest appearances on top-rated morning shows Regis and Kelly and Today, special photo shoots and goodwill visits to local New York City fire and police departments.

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HOROSCOPE

Dec. 8th - 14th

ARIES – March 21/April 20
Be careful whom you antagonize this week, Aries. No matter who many foes you've conqured in the past, the only way you will win this week's battle is if you get along with everyone.

TAURUS – April 21/May 21
Try to cut back on your workload this week, Taurus. As strong as you are, now's the time to pay attention to your physical, mental, and emotional health.

GEMINI– May 22/June 21
It's important to focus only on things that mean something to you. Ignore the fights and feuds that are going on in the background, Gemini. It's all about you this week.

CANCER – June 22/July 22
The weather's great — come out of your shell, Cancer. Your first task this week should be to remind close friends and loved ones that you care. And don't just say it, show it.

LEO – July 23/August 23
Believe it or not, Leo, there is a way out of your dilemma, this week. The catch? To find it, you'll have to put your ego aside and ask someone for help.

VIRGO – Aug 24/Sept 22
This week you should be able to keep the momentum going, Virgo. However, you're not made of money; you should curtail your spending habits.

LIBRA – Sept 23/Oct 23
Be patient a little longer, Libra. What is meant to happen will happen when the time is right. It's going to take a while to get over recent events. Don't push yourself too hard.

SCORPIO – Oct 24/Nov 22
Seize the day, Scorpio! Your actions this week at home and at work are will determine how successful the next year will be for you. Don't hold back.

SAGITTARIUS– Nov 23/Dec 21
You may be willfully independent, but even a headstrong Sagittarian needs a little help sometimes. This week's stars will make it easier than ever to get what you need. All you have to do is ask.

CAPRICORN – Dec 22/Jan 20
Imporant people will be watching this week, Capricorn. No matter how hard you've struggled to get through the corporate jungle, you mustn't give up. Things are going to pick up for you soon.

AQUARIUS – Jan 21/Feb 18
A new, more adventurous phase is set to begin this week — you've been a bit too reticent recently. Go ahead, take the plunge. Just make sure you're doing it for the right reasons.

PISCES – Feb 19/March 20
At some point this week, you'll have to decide whether or not to forgive someone close for letting you down. The choice is yours, so take your time, but don't wait too long.

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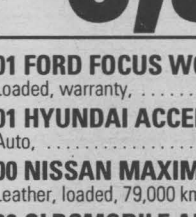
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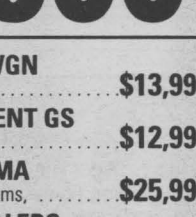

SUE
Financing & Insurance Specialist
BANK FINANCING AND EXTENDED WARRANTIES AVAILABLE
Need to Rebuild Credit See Us.
FITZGERALD
Operated by Cornwall Hyundai
125 Cornwall Centre Rd. Cornwall
932-4514

COMMUNITY DIGEST

AL-ANON-ALATEEN. Has your life been affected by someone's else's drinking and behaviour? If you want help and support call the Al-Anon Line at 937-4880.

BEREAVED FAMILIES OF ONTARIO - Cornwall and Area will be holding their Special Remembrance Support and Share Night Meeting on Thursday, December 12th, 7:00p.m. to 9:00p.m., 144 Pitt Street. ***Guest Speaker: Barry MacDonald will speak on the subject of Coping with the Holidays.*** Everyone welcome. Information: 936-1455.

BIRTHRIGHT - Pregnant? Need someone to talk to? We offer free pregnancy tests, confidential and non-judgemental support. Call 938-2028.

CORNWALL NEWCOMERS CLUB is a non-profit women's club available to residents who have lived in Cornwall for less than 4 years. Monthly meetings are held the first Tuesday of each month at 6:30p.m. Information: Illana at 534-9124.

LA LECHE LEAGUE will hold their next meeting on Tuesday, December 10th, 7:30p.m, at the Eastern Ontario Health Unit, 1000 Pitt St. ***Topic: Advantages of Breastfeeding.*** Children and infants are welcome. Information: Peggy 984-0228.

"NEW YEARS EVE DANCE" is being held at the Cornwall Seaway Lions Club, 123 Fortier St., on Tuesday, December 31st, 8:00p.m. to 1:00a.m. Light Lunch ~ Party Favours. Tickets: $10.00/each. Music by Bob Meganhardt. Information: 938-8894.

SEAWAY TOASTMASTERS CLUB hold meetings every second and fourth Tuesday of each month, 7:00p.m., Murphy's Inn, 917 Second St. West. Everyone welcome. Info: Earle DePass 930-2145.

SEAWAY WINDS CONCERT BAND meet every Wednesday, 7:00p.m. to 9:00p.m., C.C.V.S. Music Room 115. Adults and mature students who have concert band instruments and play at least an intermediate level are welcome to attend. Info: Barb Hunter 534-2111.

COMMUNITY DIGEST
$9.00 PER WEEK
Up to 24 words.
Drop off or fax to
Seaway News

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES
- $9.00/week 24 words or less, (25¢ each additional word per week).
- $16.50/2 weeks. 24 words or less, (23¢ each additional word per week.).

DEADLINE: Wednesday 5 pm before publication. The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred, whether such error is due to the negligence of its servants or otherwise and there shall be no liability for non-insertion of advertisement beyond the amount paid for such advertisement.

COMPANIONS' CORNER

To Place Your Ad: write your ad of 24 words or less and enclose $28.50 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 24 words, 23¢/ additional word/week. Deadline is 5 pm Wednesday.

Mail to Companions' Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8.
Mail pick up, no charge.
Mailed replies: $6.00

For Readers:

To respond to an ad, there is "no charge", just send your letter to the appropriate CC number, c/o Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8.

COPY CHANGES

Customers are allowed one copy change prior to ad publication. Copy changes, after the ad has been published, are treated as a "new ad" and will be paid for accordingly. On "sold" items, no credits are issued. However, in the case of cancellations, once an ad has been placed and paid. There is no refund or credit given.

NOTICE

It is our wish to serve you through the classifieds, however, Seaway News can't possibly verify the legitimacy of all ads. **DO NOT SEND MONEY OR GIVE YOUR CREDIT CARD NUMBER** to any company offering employment. Legitimate firms do not charge potential employees for a job.

Opportunities to earn money at home by assembling products, etc. should be examined carefully. Check references of these companies. Do not send money or give your credit card number until you are satisfied you are going to get what you bargained for.

LET THE BUYER BEWARE.

~~~~~~~~~~~~~~~~~~~~~~~~~~

Published weekly and distributed by Seaway News, 329-2nd St. W., Cornwall K6J 1G8. The Publisher will not be responsible for any errors in any advertisement after one insertion.

Advertising is accepted on the condition that in the event of a typographical error, that portion of the advertising space occupied by the erroneous item together with reasonable allowance of signature will not be charged for but the balance of the advertisement will be paid for at the applicable rate.

In the event of a typographical error advertising or services at the wrong price(s), goods or services need not be sold. Advertising is merely an offer to sell. The offer may be withdrawn at any time.

There shall be no liability for non-insertion of an advertisement beyond the amount paid for such advertisement.

The Publisher reserves the right to edit, revise, classify or reject an advertisement.

The views of contributing writers are not necessarily the viewpoints of this newspaper or its publishers.

Letters to the editor are welcomed. They may be reprinted with changes in spelling or grammatical construction. All letters must be complete with signature, address and phone number. If not, they will not be printed.

SEAWAY NEWS
Serving Cornwall and Area
~~~~~~~~~~~~~~~~~~~~~~~~~~

REAL ESTATE | REAL ESTATE | REAL ESTATE

Season's Greetings



I would like to take this opportunity to thank all of my family, friends and clients for their support this year.

Century 21 Shield Realty Ltd.

John D'Amours
Sales Rep.

dec6023

1125 Queen St.



dec6022

3 bdrm., brick bungalow, new windows, H.W. floors, vaulted ceilings, FA gas, fenced yard, finished basement

Call 932-8499 **$112,000**

SAVE MONEY NOW!

Refinances, purchases and debt consolidations. Pay off high interest loans & credit cards.

5 Year Mortgage 5.45%

UPPER CANADA MORTGAGE
930-2592

d6021

5 HOUSES FOR SALE

522 SECOND ST. WEST - 4 bdrm home for the Handyman! 1 bdrm on main floor. Full lot with garage. Must be seen! Asking only $58,500! Call Latreille Real Estate Inc. 938-3800.

17 LOTS/LAND

COUNTRY TREED LOTS on paved road. Chapel Road, east of Martintown. Call for more details, 347-7587.

18 ROOMS FOR RENT

NEW 3 BDRM BUNGALOW
On Park Ave. near college. Still under construction. Available Jan. 1st. $1,000/mth, includes heat, electricity & cable.
Call 936-0333

d6022

18 ROOMS FOR RENT

FURNISHED ROOM FOR RENT
BACHELOR APT. OR ROOMS FOR RENT
331 SECOND ST. W.
Call Peter **938-6131**

DEC060023

21 YARD/GARAGE SALES

GARAGE SALE, heated, Tuesday, Dec. 10th, 9:30am to 4pm, 643 St. Felix. Free coffee, juice, cookies & surprise bags for all. Foot spa, plug in electric heater, couch, TV stands, dressers, singles, double headboards & frames, floor lamps, ladies, good winter coats, miscellaneous. Winter Blessings.

22 ARTICLES FOR SALE

WOODEN WINE RACK, holds 10-bottles, excellent condition. Call 525-3349.

TEMPO SHELTER, 12' x 24' x 10' high. $500. firm. Call Bill 938-0485 days.

LADIES COATS FOR SALE: 1 fall & spring; 1 winter & 2 jackets. Call 933-7667.

Poppy's Pawns Plus



d6023

Top Prices Paid For Fine China, TV's, VCR's, CD's, Movies, Tools, Antiques, Small Furniture

We Pawn, Buy, Sell & Trade
224 Pitt Street 933-2333

22 ARTICLES FOR SALE

HUNTER EDUCATION and Canadian Firearms Safety, FAC courses and tests. Also, Topographical maps for sale. Call 346-1289.

COMBINATION WOOD & oil furnace, $500. New Mac. Call 534-8366.

LADIES LONG SILVER Blue Fox fur coat & matching head band, size 12. As new. Call 930-2307.

CERAMIC CHRISTMAS TREE with lights, musical, table top. Call 933-7667.

FISHER PRICE high chair, good condition. Call 525-3349.

DELAGE USED FURNITURE

We Pick Up Good Used Furniture

406 Montreal Road
932-5689

d6023

22 ARTICLES FOR SALE

COFFEE TABLE, thick solid maple, excellent 3-ft. New bridal diamond chain w/outstanding pearl drop, $65. Gordon Jewellers, paid $170. 2 wooden dressers w/mirror, excellent medium brown 6-drawers, $80. each. Steel office desk, drawers, file lock, $60. New bed sofa, quality dark green, sacrifice $499. valued: $1300. Sears. Couch thick solid birch sides, back & arms, $190. Matching chair, $80. Solid maple kitchen set w/4 chairs, excellent condition, $295. 933-8382. Winter Blessings to all.

22 ARTICLES FOR SALE

HOUSE SALE
Wed. Dec. 11th, 10 am - 4 pm
452 Meadowvale Cr.
(Over 200 items)
938-1801

d6024

23 ARTICLES WANTED

WANTED: 2 ROLLING STONES tickets for Montreal Concert. Will pay reasonable premium. Call 938-1029.

WANTED



Old Fishing Lures & Wooden Duck Decoys
938-8839

d6024



26 FARMERS MARKET

CHRISTMAS TREES FOR SALE. Choose & cut from Balsam, Fraser, Spruce & Pine. Pre-cut available. Enjoy wagon rides, campfire & hot chocolate weekends. Horses, Saturday, Dec. 14th. Patterson's Tree Farm, English Road, Iroquois, Ont. 613-652-1927.

HORSE DRAWN CUTTER, completely restored. Call 932-1319.

CHRISTMAS TREES. Cut your own at Log Cabin. Family fun, wagon ride, hot chocolate. Open weekends. $20. Spruce only. 7 km north of Avonmore. Call 538-2382.

APPLES: Many varieties, also cider & a variety of sugar free & regular fruit spreads. Gift baskets & more. Smyth's Apple Orchard, Dundela, Hwy. 31 north of Morrisburg. Open daily, 9am to 5pm. 652-2477.

26 FARMERS MARKET

2 CORDS OR MORE of mixed firewood picked up or delivered. Call 938-2962.

FIREWOOD, split & delivered. Cedar & pine lumber. Hardwood lumber. V-joint Pine & Cedar siding. Hardwood flooring. Specialty orders. Cedar trees for hedges. Robertson's Sawmill, Martintown. Call 528-4262.

30 HOME SERVICES

ERNIE'S CLEAN-UP SERVICE. Cedar hedge & tree trimming, fencing, house painting, snow blowing, yards, basements, lawn cutting. Call 938-1684.

The PERFECT HANDYMAN - Renovations, building & addition needs, roofing, siding, drywall, decks, sheds, garages, patios. Call Robert The Perfect Handyman, 525-2197. Free estimates & customer satisfaction.

REAL ESTATE REAL ESTATE REAL ESTATE

EXIT REALTY SEAWAY

506 Pitt Street, Cornwall Call 937-4445
www.exitrealtyseaway.com to view all our listings

nov29023



Lana Barnes
Broker 551-3545



Ginette Campbell
Sales Rep. 551-3321



Henrietta Duvall
Sales Rep. 937-4445



Judi Auger
Assoc. Broker 930-3536



Dawna Bamford
Sales Rep. 937-0739



Ellen Ricker
Assoc. Broker 937-4445



Ayn Burmeister
Sales Rep. 937-4445



Theresa Mahaffy
Sales Rep. 360-8560



Cynthia Joubert
Sales Rep. 551-2496
www.cynthiajoubert.ca



Mike Auger
Sales Rep. 551-2469



Hana Novotny
Sales Rep. 937-4445



JoAnne Riel
Sales Rep. 360-1259



Tamara Lee Johnson
Sales Rep. 551-3544

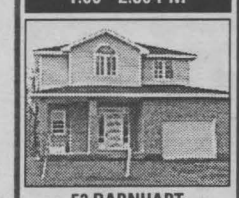


Francis Rounding
Sales Rep. 551-2031



Brian Carter
Sales Rep. 360-3494

OPEN HOUSE SUNDAY 1:00 - 2:30 PM



52 BARNHART LONG SAULT
Brand new 2 storey, open concept with 3 bdrms.
$168,900/ #0829

MIKE AUGER 551-2469

OPEN HOUSE SUNDAY 1:00 - 2:30 PM



236-238 THIRD ST. E.
Attention investors. Come view this lovely 2-2 bdrm. duplex with large fenced yard. Excellent condition.
$89,900/ #1103

CALL CYNTHIA 551-2496 www.cynthiajoubert.ca

INVESTORS!



410-420 MARLBOROUGH
6 - 3 bdrm. units, well rented. Large lot.
$284,900/ #951

CALL DAWNA 937-0739

COUNTRY LOCATION



LUNENBURG AREA
3 bdrm. bungalow, recreation room with wood stove. Set on 1/2 acre lot with small barn.
$74,500/ #970

CALL HENRIETTA 930-5372

COUNTRY SUBDIVISION



CLOSE TO PARK
and bike trails. This immaculate 3 bdrm, oil heated home has much to offer.
$129,900/ #1101

CALL JUDI 930-3536

282 MEADOWVALE



INEXPENSIVE LIVING
in this 3 bdrm., 1 level semi. Private fenced yard & plenty of parking. View with Judi.
$76,500/ #891

CALL JUDI 930-3536

ATTENTION INVESTORS

NEW LISTING

341-341A LOUISA
two, 2 bdrm. units which include gas heat, new insulation in attic, some new floors & carpets.
$39,900/ #1109

CALL JOANNE 360-1259

GREAT INCOME OPPORTUNITY

NEW LISTING

307-309 PRINCE ARTHUR
Side by side.
One 3+1 bdrm., the other 3 bdrms., plenty of parking.
$49,000/ #1108

CALL JOANNE 360-1259

NEW LISTING BUSINESS OPPORTUNITY



2 COMMERCIAL BUILDINGS
One listed price. Profitable pizzeria & convenience store with apartment located in high traffic area.
Price $129,000/ #1106

CALL HANA 937-4445 FOR MORE DETAILS

DO YOU WANT TO SELL??

FREE
and accurate evaluation of your home.

Call me.
I have a list of buyers ready to look at your property.

CALL THERESA 360-8560

NETWORK CLASSIFIEDS

"Advertise Across Ontario or Across the Country"

BUSINESS OPPS.

INVENTORS - PRODUCT IDEAS WANTED! FREE INFORMATION PACKAGE. Develop & professionally present your new product idea to manufacturers through Davison, an award winning firm. Patent assistance available: 1-800-544-3327 (24 hrs).

Be your own boss. Long established barber shop in downtown Carleton Place, Ont. Available immediately, Turn key operation. Also AVAILABLE UNDER SALARY AGREEMENT. 613-257-3846.

MAIL BOXES ETC. Business services franchise. New and established centres available. Packaging, shipping, courier, mail box rental, printing and copying. Great hours. Call 905-952-0931.

RIVERS OF MONEY. Last year alone over 39 billion dollars flowed through our industry. Why not get a bucket and join in! Learn how to turn a minimum secured investment of $19,000 into a lifetime income cash per week working only part-time hours being your own boss! All you do is stock and collect the cash! Please call only if you can be your own boss, have the time, and have the investment required to begin earning your cash income today. Call now for info pack 24 hours 1-800-661-6250.

CAREER TRAINING

FROM ACCOUNTING to Marketing, Athabasca University offers business courses through e_Class , a paced, electronic delivery method where you study and communicate with other students online. Start September 9 and end December 21. Don't miss out! Register by August 10/03. For information call 1-888-449-8813. Email: sb@athabascau.ca. Website: http://business.athabascau.ca

EDUCATIONAL OPPS.

BE AN INTERIOR DECORATOR with our great home-study course. Call for your FREE brochure. 1-800-267-1829. Sheffield School of Interior Design, 1496 - 38 McArthur Ave, Ottawa ON K1L 6R2.

EMPLOYMENT OPPS.

$$$CHOCOLATES$$$ DE LUXE QUALITY CHOCOLATE. Often imitated, never equaled. Since 1982. Sell X-Mas chocolate bars and new products. Make full $$$. Fundraising services available. 1-800-383-3589.

URGENTLY REQUIRE medical/lab professionals to conduct "mobile/on-site" substance of abuse specimen collections! Casual, self-employment. Require valid driver's licence and vehicle. Fax or email resume to Judy Woods-Hisson: 780-406-5596 or jjhisson@telusplanet.net.

FOR SALE

EVERYTHING YOU WANT TO KNOW about Ontario communities is now at your fingertips! Check out the Web's pre-eminent, unique guide: InfoOntario - Your information gateway to community information, news, events, festivals, attractions and local business. www.InfoOntario.com

SAWMILL $4995.00 All new Super Lumbermate 2000, larger capacities, more options. Norwood Industries, manufacturer of sawmills, edgers and skidders. Free information. 1-800-566-6899, ext. 400.OT

NEED A COMPUTER...DON'T HAVE CASH? The Original IBM PC, just $1 a day...no money down! The Buck A Day Company. CALL: 1-800-666-3547, www.buckaday.com

WANTED! A good home under a Christmas tree for our helicopter. Contact Heli-Santa about Festive Flight Packages over Toronto. A Great gift idea! www.HeliTours.ca, 1-888-445-8542.

HEALTH

DOES YOUR BATHROOM HAVE A REVOLVING DOOR? Do you urinate every one to two hours during the day and at least twice during the night? If you answered yes, you may have overactive bladder. Talk to your doctor or call 1-877-225-2333 for more information.

DRUG/ALCOHOL REHABILITATION. Help a loved one who's losing everything to drugs or alcohol. 90-180 day, 75% success. Ask about our guarantee. See www.aei.net/~narconon. 1-877-782-7409 Toll-free.

HELP WANTED

WORK AT HOME - Become Part of the BOOMING Health & Nutrition Industry. Huge Earning Potential. FT/PT. No Experience Necessary. Training Provided. CALL 416-812-6595 or Visit www.workathome-earnmoney.com

PAY TELEPHONE SERVICES

GREAT CANADIAN Psychic Network! Need advice? Get names, dates, times & places! Helping Canadians since 1995...we're #1. Confidential, accurate, meaningful advice! Call 1-900-451-4915 ($3.99M). 18+

PERSONALS

If you have an alcohol or drug problem, information about treatment services is available. Dial toll-free 1-800-565-8603. Drug and Alcohol Registry of Treament (DART) www.dart.on.ca

If you think you have a gambling problem, call for information about services that can help. Dial toll-free 1-888-230-3505. Ontario Problem Gambling Helpline (OPGH) www.opgh.on.ca

CANADA'S TOP PSYCHICS...Are You Ready to Believe in Psychics Again? Call Now, You Won't Be Disappointed! 1-900-451-7070 $2.95/minute 18+.

DIVORCE SURVIVAL STRATEGIES...Before spending large sums on legal fees, call THE FAMILY LAW CENTRE to understand your rights & obligations. Our lawyers will present you with your options & offer smart & proven strategies to help reduce your legal fees, safeguard your assets & defend your child custody & access rights. Don't be a victim! "Separate Smart"..Toll-Free1-866-879-3529.

REAL ESTATE

OSOYOOS, B.C. - ENJOY the climate of Canada's only natural desert. Located in the South Okanagan valley! Brand new lakefront apartments and townhomes. Prices start at $89,900. 1-866-738-1002, www.casa-del-lago.ca. Co-operators Real Estate Services Inc

STEEL BUILDINGS

STEEL BUILDINGS. CLEARANCE SALE! Ontario Manufacturer Direct. Beat Next Price Increase. 20x20 $2,980.00. 25x30 $4,200.00. 25x40 $5,700.00. 30x40 $6,700.00. 32x50 $9,800.00. Others. Pioneer 1-800-668-5422. Since 1980

FUTURE STEEL BUILDINGS. Durable, Dependable, Pre-Engineered. All-Steel Structures. Custom-made to suit your needs and requirements. Factory-Direct, affordable prices. Call 1-800-668-8653 ext. 536 for free brochure.

VACATION/TRAVEL

TIMESHARE RESALES. Worldwide Selection. ERA STROMAN Since 1979. CALL NOW! Buyers call 1-800-613-7987. Sellers call 1-800-201-0864. www.timesharelink.com

OCEANFRONT COTTAGE RENTALS on Salt Spring Island, BC. Fantastic winter rates, fantastic weather, fantastic views. Toll Free 1 (866) SEACOVE or visit www.stayonsaltspring.com

TIMESHARE RESALES -- 60-80% off Retail! Best Resorts and Seasons! Call for FREE catalogue! 1-800-704-0307. Canadian Dollar at Par SALE through December, www.holidaygroup.com

NOTICES

FIREARMS REGISTRATION, December 31, 2002 deadline. Over 80% non-compliance of gun owners opposing this law. Join Lufa - fight united; www.lufa.ca. 1-877-944-5832.

• It's Affordable • It's Fast • It's Easy • One Bill Does It All
• Northern Ontario $79 • Eastern Ontario $140
• Western Ontario $130 • Central Ontario $136 • All Ontario $395
• National Packages Available • Call this paper for details!

30 HOME SERVICES | REAL ESTATE | REAL ESTATE | REAL ESTATE | REAL ESTATE | REAL ESTATE | REAL ESTATE | REAL ESTATE | REAL ESTATE

ACTION RENOVATIONS - Roofing. Siding. Garages. Sheds. Doors & windows. RecRooms. Chimney building & repairs. Serving Long Sault, Ingleside & west to Iroquois area. Call 930-0053.

BASEMENT LEAKING? Call the experts. Waterproofing from inside, no costly digging. Cracks sealed by injection. Interior weeping tile for block walls. All work guaranteed. Free estimates. J. Craig. 1-800-631-4323. Serving all Eastern Ontario.

MIKE'S TREE PRUNING, cutting & removal. Chimney, eavestrough, cleaning & repair. Hardwood for sale, $55/cord, minimum 2 cords delivered. Free estimates. Call Mike 931-1251.

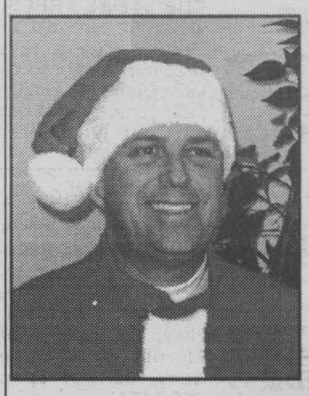
CLOTHING REPAIRS, Alterations & Lettering. Also, little girls handmade dresses, size 2 & up. For all your sewing needs, call Leo at 933-7995.

RILEY'S PAINTING. Now specializing in new homes. Drywall & ceiling repairs, water damage, wallpapering & odd jobs. Light truck available. 20-yrs. exp. Reasonable rates. 938-8839. Pager#930-8851.

STRIPALL - Furniture stripping, refinishing & repairs. Staircases, floors, doors, archways, No job too big or small, antique or not. Kitchen cupboards completely restored & finished starting @ $1,500. Free estimates. Long Sault, 534-8494.

DANIEL LEBLANC'S 24 HOUR TALKING ADS

Talk to no one. Pressure free, hassle free way to get information when you want it. Simply call 933-3666 & enter the ID#.
Fax option - get printed info instantly on any of these properties.
Or speak to me directly at *551-1313*





888 Kenyon Cres.
- 2300 sq. ft. Bungalow / Loaded with features: Tennis court / Ing. pool
- 4 Bedrooms / Office +++

933-3666 - ID#1060



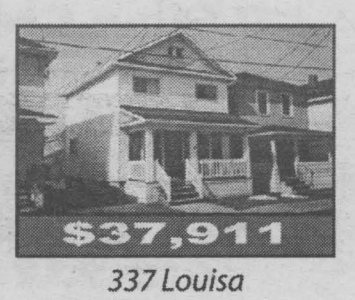
1601 McConnell
- Completely Renovated
- Many Recent Updates
- Reflects Pride of Ownership

933-3666 - ID#1020



112 Alice
- Large eat-in Kitchen
- Well Maintained
- Enclosed Veranda

933-3666 - ID #1030



337 Louisa
- Updated Exterior
- Lrg. eat-in Kitchen
- Very Clean Interior

933-3666 - ID#1050

RE/MAX®
re/max cornwall realty inc.,
realtor - an independant member broker
649 second street east
cornwall, on K6H 1Z7
(613) 938-8100
fax: (613) 938-3295
www.dleblanc.com
daniel@dleblanc.com



800 Campbell
- Excellent Commercial building
- Beautiful Showroom / Ample Storage
- 179' x 179 Lot - Room for Expansion

933-3666 - ID#1040



1329 Patricia Place
- Immaculate 3 bedroom
- dbl car garage / C/A C/V
- Fin. bsmt with rec room

933-3666 - ID# 1070



9 Ash, Newington
- 3 bedrooms
- Updated roof, siding
- windows / gas furnace w/ c/a

933-3666 - ID# 1120

Season's Greetings
from
Daniel LeBlanc's Home Selling Team!

Talking House
Get your house talking today!

Classified plus Classified plus

REAL ESTATE REAL ESTATE REAL ESTATE

YOUR EXCLUSIVE PROVIDER OF AIR MILES WHETHER BUYING OR SELLING!

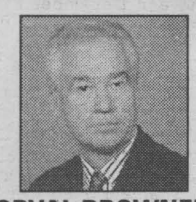
Century 21

SHIELD REALTY LTD.
465 PITT STREET 938-2121 933-5154
www.century21shield.com

Century 21

Proud Sponsor of AIR MILES

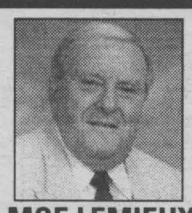

MAURICE DROUIN
Sales Rep. 933-6146


ORVAL BROWNELL
Assoc. Broker 932-7061


SHERRY McCULLOUGH
Sales Rep. 938-2121


JAKE LEFEBVRE
Sales Rep. 938-3185


JOHN D'AMOURS
Sales Rep. 938-2121


MOE LEMIEUX
Sales Rep. 932-9386


JACK ROY
Sales Rep. 931-1290


TODD THOMPSON
Sales Rep. 938-2121


ERIC PEDERSEN
Broker 938-9690


MIKE DeBOER
Broker 938-7802


MICHAEL VANDER MEER
Assoc. Broker 938-2121

14801 HUNTER'S RD $44,900



(O-MLS 0799) Clean cut 3 bdrm mobile home on a secluded 1 acre lot with shed & garage. Just minutes south of Finch, west of Cty Rd 12. Legal papers for well, septic system & lot survey
MAURICE DROUIN 933-6146




3 BRYDEN AVE. $124,900
(A-MLS 0719) Deck the halls of this great Cape Cod custom-built home! Loaded with charahcter that will charm you.
SHERRY McCULLOUGH 938-2121


506 SECOND WEST $55,000
(A-MLS 0737) Attention: Accountants, lawyers, dentists, doctors, hairstylists! 832 sq. ft. bung-style office building in high traffic location.
SHERRY McCULLOUGH 938-2121



MARTINTOWN $119,000
(J-MLS 0748) Country sophistication! 1950 sq. ft., 4 bedrooms, 2 baths, woodstove, superbly decorated, gazebo, hot tub, pool, garage and muchmore.
SHERRY McCULLOUGH 938-2121


1305 OSBORNE AVE
(A-MLS 0813) Christmas shopping? Wrap up this home for the holidays!
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541 JASE ST. $149,900
(A-MLS 0815) I'm dreaming of a warm Christmas nestled in the family rm. This home is the perfect family gift. Like to view?
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605 WALTON $67,500
(A-MLS 0825) 2-storey, 3 bdrms, gleaming hdwd flrs in living/dining rms, alarm system.
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303 SEVENTH WEST REDUCED $49,900
(A-MLS 0780) Good starter home close to school, church, park, beats renting.
JAKE LEFEBVRE 938-3185

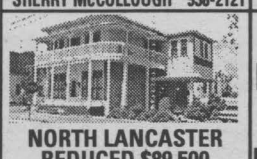

3322 CADEB $76,000
(A-MLS 0827) 2-storey, 3 bdrm brick townhouse. Excellent location. Patio doors to fenced yard & above grd pool. Move-in-condition.
JOHN D'AMOURS 938-2121


4855 OSNABRUCK CENTRE $159,900
(O-MLS 0787) Exquisite century home extensively renovated with 2400 sq. ft. loads of original charm. Det dbl heated garage, lot 122x243.
MOE LEMIEUX 932-9386


217-A CARLETON $68,500
(A-MLS 0810) 2-2 bdrm duplex with fair size lot. Main flr laundry rm, 2x100 amps, dbl drive.
MOE LEMIEUX 932-9386



306 SEVENTH ST. W. $71,900
(A-MLS 0842) Centretown, many recent improvements. Large garage with workshop.
JACK ROY 931-1290


NORTH LANCASTER REDUCED $89,500
(G-MLS 0707) Large 3 bdrm living quarters in mint cond above store area. Multiple uses. Much property for the price.
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220 EIGHTH ST. WEST $59,900
(A-MLS 0773) Immaculate 2 bdrm home with numerous updates, det garage. Don't miss it!
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1201 SECOND STREET E. $96,900
(A-MLS 0807) Excellent 3 unit, owner-occupied 3+2 bdrm main unit with fully finished bsmt
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INCOME + STORAGE GARAGE $123,500
(A-MLS 0715) 3 rental units. $1,490 mthly income. sgl car garage plus work garage 60x25 heated. Paved parking.
ERIC PEDERSEN 938-9690


2215 SECOND ST. WEST $159,000
(A-MLS 0758) City property, but country setting. lot 380x179. House has 1700 sq. ft., 4 bdrms, potential for workshop.
ERIC PEDERSEN 938-9690


808 GUY ST. REDUCED $128,500
(A-MLS 0824) Well-maint 3 bdrm, hdwd flrs, sun rm, rec rm, C/A, 2 baths, new roof. Includes appliances.
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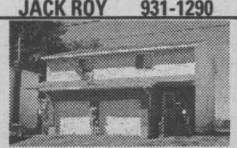
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(A-MLS 0775) Semi-detached, 1160 sq. ft. with att garage, 3 bdrms, eff gas heat. Driveway to be paved. 2 available.
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The Eastern Ontario Training Board

requires an

ADMINISTRATIVE ASSISTANT

(full-time, contract position)

The Eastern Ontario Training Board requires an individual who will provide confidential, bilingual support to the Executive Director and the Board of Directors in their activities. The candidate will act as recording secretary to various committees including preparation of agendas, supporting materials, minutes, the arranging of space, the coordination of follow-up actions and the maintenance of appropriate confidential files. A more complete job description will be available upon request.

Qualifications: The candidate will be a proven self-starter with minimum two years post secondary education in administrative and secretarial studies, and minimum five years work experience at a high level of responsibility (or equivalents). The candidate will possess superior organizational skills, and be highly computer literate in Windows environment. The candidate will possess excellent communication skills (both oral and written) in English and French, and have the ability to work some flexible hours, including evenings.

Interested individuals should submit a resume with three references by mail, fax or e-mail no later than 4:00 p.m. December 13, 2002 to Eastern Ontario Training Board, 55 Water Street West, Suite 380, Cornwall K6J 1A1. Fax: (613) 932-0212; email: denist@eotb-cfeo.on.ca

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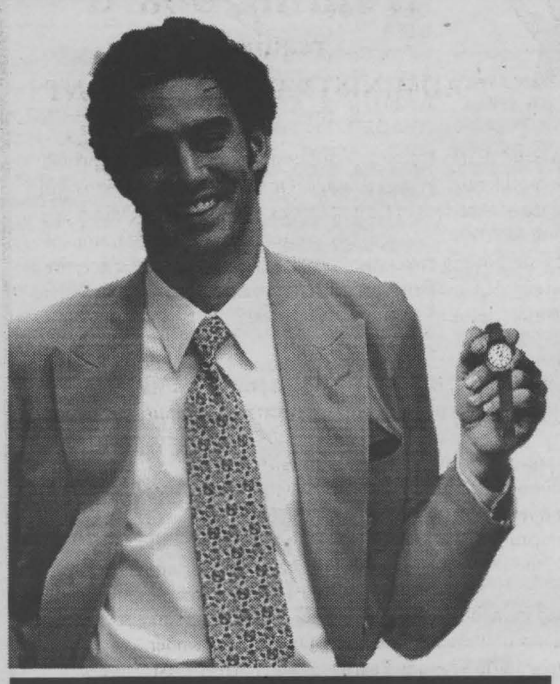

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REQUIREMENTS:
Honesty, trust and humor! Witty, funny, compassionate, dependable SWF, 40, 5'8", long longs, hazel-eyed brunette. Loves horses, hockey, playing cards, boating and more. Looking for an open-minded, spontaneous, active SWM, 36-44. Ad#: 8082

INTERESTED?
She's an outgoing, SWF, 35, 5'3", with hazel eyes. She likes dogs, walks, computers and the outdoors. Looking for a honest, SWM, 33-39, who is easy going and has similar interests. Ad#: 9471

HEAVENLY LADY
I am a 45 year old SWF, 5'7", with brown hair and green eyes. I am quiet, honest and easygoing. I love the outdoors and animals. I am seeking a SWM, 40-55, who is Catholic, honest, caring and reliable. Ad#: 2019

KIND FRIEND
SWF, 36, with brown hair and blue eyes. Interests are movies, cuddling, playing pool, long drives, etc. Looking for a SWM, 33-38, who is honest, caring and has a warm heart. Ad#: 2809

LOOKING FOR YOU!
Affectionate, friendly, honest, easygoing SWF, 18, 5'4", long brown hair, brown eyes. Enjoys movies, shooting pool, long drives and cuddling. Looking for a romantic, faithful SWM, 20-26, blue eyes preferred. Ad#: 2554

UNDERSTANDING & TRUTHFUL
This SWF is searching for a SWM, 39-49, who is trustworthy, honest, for a serious relationship. She is 5'11", with brown eyes, auburn hair, enjoys the outdoors, animals, traveling, volunteer work and more. Ad#: 8688

SOULMATE SEARCHING
She's a SW mom, 37, blonde, with brown eyes, told she's attractive, hard-working, honest and emotionally stable, is seeking an honest, trustworthy, mature, SWM, 34-42. Hobbies include conversation, reading, gardening, watching movies and family times. Ad#: 2245

FRIENDS FIRST
SWF, 39, 5'5", whose personality is humorous, easygoing and adventurous. She enjoys playing piano and the outdoors. Looking for a SWM, 35-45. Ad#: 1408

ATTRACTIVE BLONDE
45, 5'6", 105lbs., slim, very fit, pretty, intelligent, employed, affectionate, outgoing, spunky and straightforward. Enjoys children, camping, dogs, exercising and cycling. Seeks A fit, attractive, affectionate, active, honest, sincere, single male. Ad#: 7817

HONEST
SWF, 39, 5'5", with brown hair and blue/gray eyes. Interests are crafts, yoga, biking, dancing, etc. Looking for SM, 35-48, who has a sense of humor. Ad#: 3902

HUMOROUS & CREATIVE
SWF, 28, 5'4", 140lbs., with brown hair/eyes. Interests are dancing, working out, crafts and more. Looking for a SM, 25-34, who is down-to-earth, caring and not into head games. Ad#: 1343

DREAMY, SWEET & NEW AGE
Trustworthy, sincere, SWF, 53, 5'1", 140lbs. Enjoys dancing, choir singing and much more. Looking for a spiritual SM, 50-60, N/S, to grow old with. Ad#: 2246

HONEST
Attractive, SWF, 58, 5'5", blond hair, a very outgoing person. Hobbies include the outdoors, walking and reading. In search of SM, 48+, N/S, who is outgoing and caring. Ad#: 5062

ADVENTUROUS
This SWF is searching for a SWM, 22-35, who is energetic, adventurous, outgoing and loves hockey. She is 22, 4'10", with blue eyes and blonde hair. Interests are hockey, soccer, painting, reading, ski-diving, time with friends, etc. Ad#: 8952

TAKE ME FOR ME
Fun, easygoing SWF, 41, 5'1", copper/blonde hair, blue/green eyes. Enjoys car racing, ski-dooing and much more. Looking for the man of my dream: laid-back, good-hearted, SWM, 42-45, who loves to laugh. Ad#: 9589

CHERISH THESE DAYS
This SWF is searching for a tall, slim SWM, over 18, who is good-looking. She is 76, 5'1", 140lbs., with blue eyes. Enjoys long drives in the country, movies, etc. Ad#: 7340

IT'S TIME WE MET
Fun-loving, intelligent, honest SWF, 35, 5'3", long brown hair, brown eyes. Enjoys the gym, movies, family time and romantic walks. Looking for a caring, hardworking SM, 33-45. Ad#: 1920

KIND & LOVES TO LAUGH
SWF, 35, 5'3", plus-sized, blonde hair, hazel-green eyes, who enjoys cuddling, shooting pool, camping, movies and romantic evenings. Looking for a tall, nice-looking, SWM, 32-43. Ad#: 1914

DON'T PASS ME BY
Friendly, outgoing, humorous, goal-oriented SWF, 33, 5'4", 110lbs., red hair, blue eyes. Enjoys playing pool, long drives and beaches. Looking for an honest, open, caring, affectionate SM, 28-45. Ad#: 1197

POSITIVE OUTLOOK
This SWF is searching for a SWM, 28-45, who is respectful, with a great sense of humor. She is 33, 5'4", 110lbs., with red hair and blue eyes. Interests are dancing, camping, movies, etc. Ad#: 6966

A CONSTANT ADVENTURE
Confident, likable, passionate, creative SWF, 50, 5'6", full-figured, blue-eyed brunette. Enjoys gardening, flea markets, auctions and much more. Looking for a loyal, sincere, secure SWM, 45-55, N/S, with a sense of humor. Ad#: 9091

LET'S HAVE COFFEE
SWF, 47, 5'2", easygoing and she loves to read, going for walks, bingo and more. Hoping to meet a caring, understanding and fun SWM, under 55. Ad#: 3370

MAKE THE CALL
35 year old, N/S, SWF, 5'9", easygoing and fun to be with. She enjoys swimming, skating, playing pool and family activities. Seeking a tall, slim, SWM, 30-40, with a good personality. Ad#: 8551

HI THERE
Outgoing and honest SWF, 25, 5'5", 140 lbs, burgundy hair, blue eyes. Hobbies include dancing, playing pool and long walks. Looking for a honest and loyal SWM, 25-35. Ad#: 4911

MY BESTFRIEND
SWF, 45, 5'4", blonde hair, blue eyes, friendly, outgoing and bright. I enjoy biking, walking, skiing, nature, sailing and more. I'm seeking a SWM, 45-51, who is tall, strong, outgoing, energetic, confident, goal-oriented and pleasant. Ad#: 4557

YOUNG AT HEART
Fun-loving SWF, 57, 5'6", long blonde hair, blue eyes. Enjoys crafts, sewing, movies, walking and family activities. Looking for an honest, secure, independent, healthy SWM, 45-60. Ad#: 8343

50/50
SWF, 39, 5'6", brown hair, blue eyes, pleasant, outgoing and reliable. I enjoy biking, walking, romantic evenings and more. I'm seeking a SM, 37-42, who is happy, gentle, loving, open and enjoys the same. Ad#: 2383

LOVES TO LAUGH
SWF, 39, 5'2" green eyed, blonde is outgoing, humorous and fun to be with. Interested in hockey, swimming, boating, snowmobiling and long walks. Searching for a SWM, 37-50. Ad#: 9282

KIND-HEARTED
SWF, 43, 5'4", with sandy brown hair and brown eyes. Interests are camping, sewing, the simple things in life, etc. Looking for a SWM, 38-50, who has similar interests. Ad#: 8523

GENUINE
SWF, 42, 5'2", 130lbs., brown hair, friendly, outgoing and kind. I enjoy fishing, camping, the outdoors, hiking, travel and more. I'm seeking a SWM, 40-52, who is honest, kind, caring, outgoing, pleasant, sensitive and caring. Ad#: 2668

I LOVE L IFE!
Honest, caring, fun and positive WWWF, 58, 5'2", 125lbs., auburn hair, brown eyes. Enjoys music, dancing, barbecues, fishing, camping, sports and darts. Looking for a compatible SWM, 55+. Ad#: 3291

WHAT'S YOUR SIGN?
Cute, fun, outgoing SWF, 20, 5'7", 140lbs., baby blue eyes, dark brown hair, two children. Enjoys the outdoors and writing. Looking for a caring, respectful SM, 18-25, tall, good-looking. Ad#: 5056

SERIOUS MINDED
SWF, 44, 5'2", 120lbs., with sandy hair. Interests are reading, conversations, her dog, swimming, long drives and more. In search of a SWM, 40-50, who is extraverted, with similar interests. Ad#: 5645

READY?
SWF, 37, 5'2", blonde hair, hazel eyes, friendly, outgoing and compassionate. I enjoy country music, the outdoors, movies, dining and more. I'm seeking a SWM, 35-40, who is loving, affectionate, compassionate, loving, sincere and faithful. Ad#: 6203

FAMILY-ORIENTED
SWF, 36, 5'10", with dark hair and brown eyes. Interests are the outdoors, music, concerts, time with her children, etc. Looking forward to meeting a SM, 36-42, who is established in life. Ad#: 8382

ZEST FOR LIFE
Sensitive, caring, sincere, SWF, 44, 5'6", plus size, blue eyes. Enjoys auctions, garage sale and motorcycling. Looking for a personable, compassionate, motivated, honest SWM, 40-46, N/S, non-drinker. Ad#: 6886

HAS A HEART
I'm a friendly, compatible, SWF, 42, 5'2", who would like to meet a SWM, 42-46. Hobbies include the outdoors, playing cards, dancing, movies and more. Ad#: 5693

JUST RELOCATED
Easygoing, down-to-earth, SWF, 40, 5'7", medium build, green-eyed blonde, one daughter, with a great sense of humor. Looking for an honest, caring, romantic, SM, 35-50. Ad#: 6938

FAITHFUL
SWF, 27, 5'4", with blonde hair, blue eyes, enjoys camping, long walks and having fun with friends. I'm seeking a attractive SM, 27-35, who enjoys children, with similar interests. Ad#: 3239

COMPATIBLE INTERESTS
Full figured SWF, 5'9", 22, blue eyes, described as spontaneous and enjoys life. Hobbies include working out and spending time with her daughter. Looking for a SM, 24-33, who will accept me for me. Ad#: 9765

HONEST & FAITHFULL
I'm a SWF, 44, 5'4", light brown hair, hazel eyes, shy, easygoing and friendly. I enjoy dancing, camping, having fun and quiet evening at home. I'm seeking an honest, faithful and fun SWM, 38-46, for a loving relationship. Ad#: 7321

Do Singles Using This Column Find Someone?... You bet they do!

Dear Seaway News,

I just wanted to thank you for introducing me to my husband. I decided it was time to find Mr. Right and was tired of bad relationships. I was looking for someone that appreciated a serious relationship, not someone that was afraid of the word. Stan had placed an ad and I thought he met some good criteria; he was tall, the right age and liked horses. We married in a horse and buggy wedding, which was like a dream... I am now 37 and Stan is 40, and we are expecting our first child and very happy!

Thanks again,
Realene



Males Seeking Females

ARE WE MEANT TO BE?
SWM, 51, slim build, enjoys cycling, weight training, reading, playing music, cooking and movies. Looking for an interesting, sociable, caring, respectable SF, under 54, N/D. Ad#: 2165

STILL LOOKING
Shy, hardworking, fit, SWM, 37, 6', 205lbs., with brown hair and hazel eyes, feels he will bring honesty to the relationship, is seeking a hardworking SF, 30-40, N/S, N/D, who enjoys working out, the outdoors and quiet romantic evenings. Ad#: 2196

LOOKING FOR LOVE
I'm an outgoing, open, SWM, 51, who enjoys a wide range of interests. Seeking an intelligent, easygoing, open and honest, SWF, 45-60. Ad#: 3822

CUDDLY TEDDYBEAR
Lovable, good-humored SWM, 22, 5'6", medium build, black hair, blue eyes. Enjoys music, my dogs, dancing and living life to the fullest. I'm seeking a fun-loving SWF, 19-31. Ad#: 2486

WALK WITH ME
SWF, 49, brown hair, blue eyes, 5'4", thin, honest, caring and pleasant. I enjoy reading, roller blading, walking, crafts and more. I'm seeking a SWM, 40-55, who is honest, loving, humorous, dedicated and kind. Ad#: 5121

FUN TO BE WITH
SWF, 29, 5'6", 124lbs., blonde hair, funny, easygoing and kind-hearted. I enjoy dancing, movies, walking, long drives, travel and more. I'm seeking a SWM, 27-34, who is honest, active, fun-loving and humorous for a friendship first. Ad#: 4519

TALL, DARK & HANDSOME?
Then call this hardworking, SWF, 40, 5'4", 130lbs., with blue eyes, blonde hair. She enjoys golf, baseball, movies and flower gardening. She's looking for a dependable, motivated, fit, SM, 35-40. Ad#: 4938

PERSONABLE
Fun-loving, adventurous SWF, 53, 5'4", 160lbs., with dark hair, enjoys walking, painting and crocheting. I'm seeking an easygoing SWM, 50-60, who enjoys good conversations. Ad#: 8905

LOOKING FOR YOU
SWF, 28, 5'4", energetic and very outgoing. A student she enjoys working out, swimming and sports activities. If you are an honest & faithful, SM, 28-33, give me a call! Ad#: 4456

ALL MY LOVING
Happy, humorous, loving, secure, SWM, 59, 5'10", salt/pepper hair, enjoys collecting music (40s, 50s & 60s). Looking for a well-dressed, affectionate, SWF, 50-60, N/S. Ad#: 6315

SEEKING MS. RIGHT
Easygoing, SWM, 33, 5'11", 180lbs., brown hair. Enjoys walking, running, biking and playing ball. Looking for an honest, SWF, 26-40, N/S, N/D, height proportionate. Ad#: 6008

A ROMANTIC AT HEART
Widower, 69, secure, active and healthy, enjoys home life, biking, traveling and good conversation. I'm interested in meeting an affectionate, caring lady, over 55 years, for friendship and a possible relationship. Ad#: 1174

FAITHFUL
SWM, 35, 144lbs., 6'4", green eyes, brown hair, honest, trustworthy and caring. I enjoy the outdoors, biking, time with my daughters and good conversation. I'm seeking a SWF, 30-40, who is honest, trustworthy, loyal, romantic and friendly. Ad#: 1238

HONESTY AND GENTLENESS
I am a 22 year old SBM, 5'6", with black hair and brown eyes. I am coy, gentle, intellectual and articulate. I enjoy reading, walks, talking and movies. I am seeking a SF, 18-25, who is quiet, is religious and enjoys simpler things. Ad#: 2871

ALWAYS ROMANTIC
I'm a good-looking, funny, sensitive, 5'9", SWM, 25, interested in meeting a SWF, 19-30, who enjoys racing cars, movies, long walks and much more. Ad#: 2074

MAKE ME LAUGH
SWM, 23, 5'7", brown hair, green eyes, 150lbs., loyal, loving and honest. I enjoy sports, biking and more. I'm seeking a SWF, 19-23, who is honest, loving, humorous and sincere. Ad#: 3337

TRUSTWORTHY AND COMMITTED
I am a 31 year old SWM, I am 5'4, with brown hair and hazel eyes. I am fun-loving and outgoing. I enjoy racing, horses, dancing and driving. I am seeking a SWF, 25-35, who enjoys being part of something. Ad#: 6035

SPIRITUAL
SWM, 42, 6', 210lbs., green eyes, brown hair, intelligent and outgoing. I enjoy reading, the outdoors, music, movies, cooking and more. I'm seeking a SWF, over 25, who is active, loving, honest, humorous and confident. Ad#: 8948

ONE STEP AT A TIME
Shy, quiet, humorous, tall, employed, SWM, 28, 6', 160lbs, enjoys watching sports, fishing, going on tours and much more. He seeks an honest and caring SWF, 19-28. Ad#: 2856

Females Seeking Females

PASSIONATE
SWF, 23, 5'2", 95lbs., red hair, brown eyes, spontaneous, outgoing and cheerful. I enjoy camping, hiking, swimming, sports and more. I'm seeking a SWF, 20-32, who is friendly, honest, caring, fun-loving and adventurous. Ad#: 4626

GOOD SENSE OF HUMOR
This SWF, 25, would love to meet a SWF, 21-30, who is caring and trustworthy. She is 5'7", with blonde hair and blue eyes. Interests are walking, time with friends, conversation and quie times at home. Ad#: 7239

KIND-HEARTED
SWF, 42, 5'2", red hair, loving and caring. I enjoy knitting, walking, my pets and more. I'm seeking a SWF, 40-50, who is loving, caring, supportive and enjoys the same. Ad#: 2107

POSSIBLE RELATIONSHIP
I'm an outgoing, honest, SWF, 21, 6', who would like to meet a romantic, SF, 22-30. Hobbies include sports, music, basketball and more. Ad#: 1554

WILL YOU JOIN ME?
SWF, 29, 5'8", blonde hair, blue eyes, fun, outgoing and pleasent. I enjoy the outdoors, reading, movies, time with my children and more. I'm seeking a SF, 25-35, who is honest, loving, pleasent and confident. Ad#: 5700

Males Seeking Males

HONEST & LOYAL
Humorous, outgoing, active SWM, 31, 6'3", 220lbs., fit, blond hair, hazel eyes. Interests include movies, working out, hiking, biking and more. Looking for a SM, 22-35, N/S, who is decent, caring and monogamous. Ad#: 8147

GOOD HUMORED
SWM, 27, 5'10", with brown hair and blue/gray eyes. Interests are ATVing, snowmobiling and the outdoors. Looking for a SM, 18-35, who has similar interests. Ad#: 8780

RELATIONSHIP
SWM, 35, brown hair/eyes. Is a funny, easygoing person. Likes to play sports and likes the outdoors. Seeking a SM, 28-40, who is honest, loval, caring and outgoing. Ad#: 7637

Customer Service

1-800-348-6384

Hours:
Mon. - Fri., 9 a.m. - 10 p.m.
or e-mail us at help@drm-net.com Service provided by DRMOC

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- ***To place a FREE Personal newspaper ad and voice greeting:*** Call the 800# or 888# above, and enter option 1.
- ***To respond to an ad:*** Call the 900# above, enter option 1 and then enter the ad number you wish to respond to.
- ***To listen to your responses for free:*** Call the 800# or 888# above and enter option 2. You can get your messages FREE once every 7 days.
- ***To get your responses on the 900#:*** Call the 900# above and enter option 3.
- ***If you are having trouble diuling the 900#:*** Check with your local phone company for a possible long distance or 900 block.
- ***If your ad is not in the paper:*** Please remember, it takes 7-10 days to see the ad appear.
- ***For further inquiries:*** Please contact Customer Service Monday - Friday, Eastern Standard Time.

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12/03/02

38 HELP WANTED | 38 HELP WANTED | 38 HELP WANTED

Experience The Difference - The "Optimum" Difference

CORNWALL MOTOR SALES

Brookdale Ave. & Hwy. 401, Cornwall (613) 933-3000

PARTS CONSULTANT

Due to a consistent high volume in business as well as total commitment to maximize quality in servicing our customers, we currently are looking at hiring a Parts Consultant for our Parts Department Team.

The Parts Consultant's responsibilities are
- ensuring total customer satisfaction;
- handling phone calls effectively;
- shipping and receiving parts etc...

The ideal candidate must have the following skills:
- strong communication skills
- automotive parts experience (General Motors is an asset)
- strong organizational skills
- ability to work in a team environment.

This job offers a competitive salary as well as full benefit package. Interested candidates are asked to submit resume outlining relevant qualifications and experience to:

Stephane Landriault
Parts Director
2695 Brookdale Avenue
Cornwall, Ontario
K6H 5V1

dec6022

StarTek

WE CONTINUE TO GROW!

Currently has openings for **Full-Time Customer Service Representatives.**
Individuals will be responsible for providing customer service to our client's callers in a work environment, which operates 24 hours/day, 7 days/week.

We offer:

Paid Training *Competitive Wages*
Career Advancements *Benefit Package*
Evening/overnight and weekend shifts available

Starting Wage: $10.00 per hour

Apply in person at:

StarTek Canada Service Ltd.
1400 Vincent Massey Drive
Cornwall, Ontario
K6J 5N4
(613) 937-7003 (613) 937-7090 Fax
E-mail: abissonnette@startek.com

Must be 18 yrs., ability to type 20 wpm, computer knowledge and possess Grade 12 or equivalent.

nov6022

40 AUTOS FOR SALE

1985 FORD F150 4X4, 302 automatic. Very little to safety. Body in good shape. Asking $1,250. Call 527-5247.

VEHICLE FOR SALE - Tired of being offered second rate vehicles, especially with a credit problem. Call Car-o-line Auto's, 613-448-2488, long distance toll free 1-877-820-5598. Over 50, 90's vehicles to chose from. Now on line www.car-o-line.com

1985 FORD F150 4X4, 302 automatic. Very little to safety. Body in good shape. Asking $1,250. Call 527-5247.

2000 GMC 1/2-ton pickup, V-8, auto, air, cruise, tilt, 50,000 km. $17,500. Call Randy, 551-0922.

WINTER SALE

NO REASONABLE OFFER REFUSED

--- CARS ---

00 Chev Cavalier, 4 dr., 4 cyl, auto, air, cruise, tilt, p-lock 63,000 kms
00 Olds Alero GL, V6, auto, loaded, 59,000 kms, local trade, "mint", 60,000 Kms
99 Chrysler Intrepid, 4 dr., V6, fully loaded, p-seat, 95,000 kms
99 Chrysler Cirrus LX, 4 dr., 4 cyl, fuily loaded, CD player, 52,000 kms
99 Olds Intrigue, 4 dr., 3.8 L, V6, fully loaded, CD, 59,000 kms
99 Pontiac Sunfire, 4 dr., 4 cyl., auto, air, tilt, pw, pl, 61,000 kms
99 Pontiac Grand Prix GT, 4dr, V6, auto, loaded, spoiler, 3.8 L, 75,000 kms
99 Pontiac Grand AM SE, 4dr, V6, loaded, P-seat, CD, spoiler, 74,000 kms "mint" local trade
98 Mercury Mystique Sport, V6, auto, fully loaded, 1 local owner, "mint", 80,000 kms
97 Pontiac Grand Am, 4 dr., V6, auto, air, cruise, p. w., p. l., 94,000 kms, one owner
96 Mercury Grand Marquis LS, 4 dr., V8, fully loaded, local trade
95 Chrysler Intrepid ES, Fully eq[SOLD] warranty, nice, local trade
94 Mazda Protegé SE, 4 dr., 4 cyl, auto, air, p. sunroof, nice car, local owner

--- TRUCKS & VANS---

00 Dodge Caravan, V6, auto, fully loaded, dual sliders, 60,000 kms
99 Ford Windstar LX, V6, auto, dual sliders, rear heat & air, fully loaded, 71,000 kms
91 Mazda, Ext cab, pick-up, 4 cyl, auto, sunroof

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d6022

40 AUTOS FOR SALE

1993 SUZUKI SWIFT, new exhaust, brakes & tires, clean air tested, 4-dr, 5-spd, very good cond. $2,000. safetied. 1992 Ford Tempo, 4-dr, auto, clean air tested, very good condition, $1,600. safetied.1992 Caravan, V-6, 7-pass. clean air tested, very good cond. $2,800. safetied. 1991 Grand Caravan, clean air tested, very good condition, $2,600. safetied. Gerard Poirier Auto Sales, 2 km east of Alexandria on Lochiel Rd. towards Glen Robertson. 874-2440.

USED CARS: 1995 Dodge Caravan, (set up for disabled), has ramp, loaded, clean air tested, certified. 1994 Hyundai, auto, 4-dr. 1993 Chev Lumina, loaded, clean air tested, certified. 1989 Cadillac Sedan Deville. 1989 Chev Pickup, 8-cyl. auto. 1972 GMC Motorhome, 22-ft. forced-air heating, propane stove, microwave, stereo, furnished. Four other cars sold as is. Gravel Motors, 1404 Pitt St. Call 932-4850.

1997 FORD F250 XLT extended cab, short box. 65,000 km. Asking $22,000. A-1 condition. Call 932-4283.

1985 LINCOLN CONTINENTAL, 4-dr, grey, fully loaded, low km. Must sell. $2,500. or B.O. Call 534-3993.

1992 CHEVY SILVERADO pickup truck. 305 engine, automatic w/power locks, windows, air, tilt, grey w/light grey velour interior. 149,000 km. $6,500. Call 933-4798.

R'n C AUTO

Christmas Specials

98 NISSAN MAXIMA
3.0 V6, CD bose sound, full load
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95 CHEV CORSICA
V6, A/C,
.....$3,695.95*

95 DODGE NEON
4 cyl.,
.....$3,695.95*

93 DODGE CARAVAN
.....$3,695.95*

87 BUICK LESABRE
.....$1,995.00*

All cars above emission tested/safetied

(AS IS SPECIALS)

90 MAZDA
B2200
.....$799

86 GMC DUMP TRUCK
Six new tires,
.....$2,495

89 GMC CUBE VAN
Good 5.7 motor, carb and trans,
.....$1,000

1714 South Branch
Call **933-8850**
leave message **330-5909**

NOTICES

NOTICE OF PUBLIC CONSULTATION

Proposal By Material Resource Recovery Inc. ("MRR")

DESCRIPTION OF PROPOSAL

To amend its current Certificate of Approval to include the processing of transmission pipes from the oil & gas industry that have an exterior protective asphalt coating (tape) containing low level PCBs (<500 ppm). The asphalt coating would be manually separated from the transmission pipe, thereby allowing the reuse of these pipes by the industry. The low level PCB asphalt coating would be thermally destroyed under MRR's present Certificate of Approval or sent to an alternative facility for destruction.

Location: Ramada Inn (Cornwall)
Date & Time: Monday, December 9th, 2002 at 4:00 pm

d6021

UPPER CANADA District School Board



T.R. LEGER SCHOOL
Windmill Point Campus

NEW TRIMESTER starts December 3

Choose from over 75 courses including:

✓ **Introduction to Information Technology**
Learn keyboarding, word processing, Internet, e-mail, etc.

✓ **Information Technology Applications in Business**
Learn Word, WordPerfect,CorelDraw, Excel, PowerPoint, MicroSoft Publisher, Web Design, etc.

Our doors are always open to new students

Call Kim now at 937-0120 for an appointment to register

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Adult, Alternative and Continuing Education

Joan Hodge
UCDSB Chair

Gino Giannandrea
Director of Education

Learning Together

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40 AUTOS FOR SALE

1977 1-TON CHEVY VAN, 350 motor, 4-wheel drive, automatic. Asking $6,000. Call 346-2211.

42 CHILD CARE

RISING STAR NURSERY. Qualified teacher & mother of 2 willing to care for pre-schoolers in my home. Fun & developmentally sound program. Located Second St. East. Call Catherine, 938-6297.

57 DJ'S

POWER SOURCE DJ's. Part of the professional group of D.J.'s. Specializing in stags, weddings & any other special occasions. Karaoke & lights. Book now for Christmas parties, receive $50 off. Call Rod 938-1962.

G & A MUSIC. Music for all occasions. Bowling parties, stags, weddings, etc. Book early for reservations. Call Andre, 938-6252 or Gaetan, 936-8665.

40 AUTOS FOR SALE

68 CARTING/ MOVING/STORAGE

U-DO-IT STORAGE. Save money on heated storage by renting a room & handling your own goods. A division of St. John's Transfer, 950 Boundary Road. 933-1495.

69 COURSES/ LESSONS

MUSIC LESSONS: Learn to play something for the Christmas season? Guitar. Violin. Mandolin. Banjo. Dobro. Bass. Teacher with lots of patience for beginners. Call 932-1347.

KARATE - HOLIDAY SPECIAL: Beginners only 2 mths/$15. Classes: Tues/Thurs. (6:00pm-6:45pm); (6:50pm-8:00pm). All welcome. Kinsmen School, 581 Cheryl St. Call 937-0998.

40 AUTOS FOR SALE

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Ask about our GUARANTEED CREDIT APPROVAL *We change lives!*



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dec6021

71 HALL RENTALS

CORNWALL SEAWAY LIONS CLUB HALL, 123 Fortier St. Available for banquets, parties, showers, anniversaries, weddings, meetings funerals. Services available: catering service, podium, over-head projector, VCR, T.V. Hall Rental: $60. For reservations, call Lion John Dewar, 613-932-1631 or leave message, 938-0040.

76 PETS/ LIVESTOCK

WHITE POODLE & MALTESE puppies, females only. Non-allergenic. 6-wks-old. Health guaranteed. Dewormed. $250. Call 938-3952.

GET YOUR TACO BELL Chihuahua before Christmas. $200. & up. Call 527-3033.

BEAUTIFUL APPLE-HEADED, long-eared, party-coloured Cocker Spaniels. $200. & up. Call 527-3246.

BEAUTIFUL PUPPIES: Shelties, Pomeranians, Poodles & others. Bridlewood Kennels, Hwy#43, second farm east of Highland Road. 527-2074.

2 PUREBRED SHIH TZU puppies, 6-wks-old, ready for a good home. Husky Terrier cross, 2-yrs-old. Call 938-3125.

Classified plus

92 NOVENAS

THANK YOU LORD & ST. JUDE. Say Hail Mary nine times for nine days. Make 3 wishes, the first concerning business, the others for the impossible. Publish this article on the ninth day. Your wishes will come true even if you don't believe. Thank you Lord and St. Jude. It's unbelievable but true. N.H.

THANK YOU ST. JUDE for favour received. L.L.

THANK YOU ST. JUDE for favour received. L.L.

THANK YOU SACRED HEART of Jesus for prayers answered. R.L.

CROSSWORD SOLUTIONS

S	T	O	B	■	D	U	A	L	A	■	S	E	T	H
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New Program Coordinator Named

Lee Cassidy, President, Encore Seniors' Education Centre, and Pat Finucan, Campus Director, St. Lawrence College, Cornwall, are pleased to anounce that Gordon Hogan has been named Program Coordinator for the Encore Seniors' Education Centre.

Hogan brings a diversified background and many years of experience to the job. Coming from Montréal, Québec, he settled in the Cornwall area in 1977. He brings administrative and financial management experience acquired in the grocery and restaurant industry. He has been associated with the Encore program for almost two years and succeeds Beverly Hincks, who resigned in August 2002.

TRAINING | TRAINING | TRAINING

Part-time Studies

Winter

Register now!
Most classes begin the week of January 13.

Take college credit courses or non-credit general interest courses, delivered traditionally, online or by correspondence. Guides will be inserted in the Friday, December 13th edition of the Seaway News.

To register or for more information call 933-6080 (press 60) or visit us online at www.sl.on.ca

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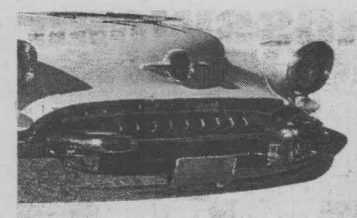

AUTO CORNER

Protect Your Car's Vital Fluids

(NC)–Just as your body runs on its vital fluids, so does your vehicle's engine. Your internal organs guarantee good health by cleaning and filtering those fluids constantly. You can guarantee the good health of your vehicle's engine, by ensuring that its vital fluids are in the best possible condition.

The key is the efficiency of the filters that clean the engine (in effect, the engine's blood supply), the air that your engine breathes, the fuel from which it takes its energy, and the transmission fluid that enables the vehicle to move around smoothly.

Your owner's manual will explain in detail just when these various filters should be changed. Note that there are different recommended change intervals, depending on the type of driving you do.

For example, follow directions for the Severe Maintenance Schedule if your driving consists of:

- Short trips of less than 5 miles.
- Short trips of less than 10 miles when outside temperatures remain below freezing.
- Towing a trailer or camper, using a roof-top carrier, or carrying maximum loads.
- Operating in severe dust conditions.
- Stop and go driving.
- Excessive idling.

For these "severe" driving conditions, experts recommend that both oil and oil filters should be changed every three months or 5,000 kilometres. With today's sophisticated engines with longer service intervals, manufacturers are beginning to market products that can meet the service challenge. The Fram® X2 Extended Guard™ filter, for example, is designed to last up to 11,000 kilometres and uses the latest in filter technology to hold up to 70 percent more dirt making it the ideal filter to partner with a synthetic oil change.



Two great product refinements are the Fram filter's no-slip, SureGRIP® feature that make it easier to handle during installation and removal, and the NEW Fram® SureDrain™ product. The Fram® SureDrain™ product consists of a handy assembly valve kit that replaces the standard vehicle drain plug. It lets you drain hot engine oil with just a turn of the wrist – no tools, no mess, no hassle, and it stays on your car for easy oil changes every time. What a great idea!

Winter brings with it a lot of flying grit and slush, so that your air filter has to work twice as hard.

Many mechanics choose Fram® Extra Life III air filters, which use an advanced Triad fibre technology to lock dirt into microscopic chambers, a technique that is said to hold up to 48 percent more dirt than leading competitive round filters and 22 percent for panel filters.

It's equally important that the fuel your vehicle burns is clean. Fuel injectors must be kept free of deposits to ensure proper atomization of the fuel. Otherwise, complete combustion will not occur, resulting in wasted fuel and increased exhaust emissions. For winter use, Prestone® Cold Start™ Fuel System Antifreeze and Cleaner will cleanup fuel injectors and carburetors, while its concentrated formula can also prevent gas line freeze.

Keep the fluids flowing freely and cleanly and you'll have found the secret of no-worry winter driving.

Keep Your Windshield Clear

(NC)–We all know the visibility problems that snow, slush and ice can cause for winter drivers, most of whom are careful about ensuring that the windshield washer reservoir is topped up and that antifreeze has been added.

The hazards of driving rain and misted-up windshields tend to get less respect but they can be equally dangerous, especially in the fall months.

Clear and unimpeded vision is the first requirement of safe driving. It is, therefore, important to keep your windshield wipers in good condition. An educated school of thought recommends changing the wiper blades once a year. Fall is a good time to do it because the worst driving conditions of the year lie directly ahead.

Is there more you can do to improve bad weather visibility? There's a Prestone product called Windshield Rain Relief® which will help those wiper blades move heavy rain off the glass. It's a concentrated and long-lasting rain repellent that is easy to apply.

"We also offer a product called Fog Relief® that has a formula that prevents your windshield and windows from fogging up on the inside – another aid to safer driving," says Prestone brand manager Jim Hollins. "It's good for windows in the home, too."


Victor Brown
Technician

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94 FORD F150	V6, auto.,long box, remote start,	$6,995
94 PONTIAC TRANSPORT,	7 pass van, remote, 180,000 km	$5,995
94 PONTIAC GRAND AM,	2 dr., V6, remote, red, REDUCED	$4,495
94 PONTIAC GRAND AM,	4 dr., V6, blue, REDUCED	$3,995
93 PONTIAC SUNBIRD,	4dr., 4 cyl., blue, 129,000 km. REDUCED	$3,595
92 CADILLAC,	4 dr., 4.9 litre, white, loaded,	$4,995
92 BUICK REGAL,	4 dr., 3.8 V6, white.,	$3,695
91 CADILLAC DEVILLE,	4.9 V8, loaded, black 144,000 kms, black,	$4,495
91 LUMINA APV,	7 pass van, V6, maroon,	$3,595
91 FORD ESCORT LX-4	Remote start, one owner, only 69,000 kms, SOLD	$2,995
91 CHEV LUMINA EURO,	4 dr., V6, white,	$2,995
91 BUICK REGAL,	4 dr., 3.8, V6, maroon, 180,000 kms, SOLD SPECIAL	$1,595
90 OLDS,	88 Royale, 4 dr., V6, only 123,000 kms, REDUCED	$4,495
90 CHEV CAVALIER,	4 dr., 4 cyl., silver., only 112000 kms,	$3,595
88 GMC S15,	King cab, auto, SOLD, REDUCED	$495
88 CHEV S-10 PICKUP,	V6, auto, brown, SOLD REDUCED	$395
85 HONDA ACCORD,	4 dr., 5 speed, new clutch, AS IS, REDUCED	$795
80 OLDS CUTLASS CALAIS	4 dr., all original parts REDUCED	$2,295

*All Prices Exclude Taxes, Admin. Fee & Lic.

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d6022

GET "ON THE SPOT" REBATES
HURRY IN BEFORE DECEMBER 14TH!

HOT TIRE DEALS! FROM $57.99 P175/70R13

175/70R13	INTEGRITY	$57.99
P185/60R14	WINGFOOT HP	$66.99
P195/60R15	WINGFOOT HP	$70.99
P215/75R15	CONQUEST AT	$75.99
P195/70R14	CONQUEST	$79.99
P235/75R15	CONQUEST AT	$99.99
P225/60R16	CONQUEST	$107.99
P225/60R16	EAGLE GA	$123.99
LT245/75R16 E	CONQUEST AT	$157.99

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OUR NEWEST WINTER TIRES
Eagle Ultra Grip.
Ultra Grip, Ultra Grip Ice
LIGHT TRUCK
Wrangler AT/S
*On a set of four tires

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GOODYEAR #1 in Tires
"BEST PRICES GUARANTEED"
2 LOCATIONS TO SERVE YOU BETTER.
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We accept all competitors lifetime warranties and discount coupons. *Some conditions apply. Due to the overwhelming value of this promotion, an appointment may be necessary. May not be combined with any other offers or discounts.
d6024

98 FORD CONTOUR
4 door, auto, fully equipped



$6,500

01 OLDS AURORA 4 dr., 4.0 litre, loaded,	$24,900
00 PONTIAC GRAND PRIX GT 2 dr., leather, sharp,	$16,900
00 CHEV CAVALIER Z24 2 dr., auto, low kms,	$11,500
00 PONTIAC SUNFIRE SE 2 dr., auto, A/C,	$9,950
00 PONTIAC GRAND PRIX GT 4 dr., auto, loaded, silver, SOLD	5,900
00 PONTIAC SUNFIRE 4dr, auto, 50,000 kms, red,	$10,500
00 OLDS. INTRIGUE GL 4 dr., auto, mint, loaded	$15,950
00 BUICK REGAL 4 dr., sharp, GM lease return,	$16,200
00 SATURN LS 4 dr., loaded, green	$12,900
00 CHEV MALIBU LS 4 dr., auto, mint cond.	$13,950
99 CADILLAC DEVILLE 4 dr., loaded, mint,	$17,995
99 CADILLAC SEVILLE STS 4 dr., leather, moonroof, factory warranty	$27,900
99 OLDSMOBILE ALERO GL 4 dr., auto, V6, loaded	$13,900
99 FORD TAURUS WGN Loaded, silver, 100,000 kms	$10,950
99 SATURN SLI 4 dr., std, 70,000 kms	$8,950
97 FORD TAURUS GL 4 dr., auto mint	$7,500
96 OLDS CUTLASS SUPREME 2 dr., leather, moonroof,	$6,500

TRUCKS & VANS

01 PONTIAC MONTANA 5 dr., loaded, sharp,	$16,900
00 FORD EXPLORER XLT 2 dr., 4x4, leather,	$15,500
00 GMC SONOMA Ext. cab, 3 dr., V6, auto,	$17,500
00 FORD WINDSTAR SEL 5 dr., quad seats, rear A/C,	$15,950
00 DODGE RAM SLT Ext. cab, short box, 4x4,	$26,900
00 FORD WINDSTAR LX 5 dr., quads, rear air, loaded, SOLD	3,900
00 GMC JIMMY SLE 4 dr, 4x4, loaded, moonroof,	$19,950
99 GMC SIERRA SLE Ext. cab, 4x4, 3 dr.,	$27,900
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Dear Santa,

My name is Paskale Pilon and I am six years old. I have tried very hard to be a good boy, my parents said I did really well. My Mom is helping me with my letter to you. First I want to thank you for last year's gifts. Next, I would like to tell you what I would like to receive this year. Here are a few ideas: "A Very Merry Pooh Year" DVD movie, some Read-Along books, a drum, a train set and Play-Doh sets.

I will be leaving a tasty snack for you and your reindeer to help you through the night. Please drive your sleigh very carefully on Christmas Eve.

Have a Merry Christmas,
Paskale Pilon

Dear Santa,

My name is Brittney Granger, I'm seven years old. Thank you for all the presents last year.

I've been good this year. I would like a personal CD player for Christmas. Also, a Pokemon Gold game for my Game Boy colour. Could I also have a new Barbie? Finally, some bed sheets and some new PJs (Mom's idea).

Merry Christmas Santa Claus!

Love, Brittney Lynn Granger

Dear Santa Claus,

My name is Amber Cassidy Granger, I'm three years old. My Dad is writing this letter for me.

I've been pretty good this year Santa, even trying to get along with others. For Christmas I would like a Caillou Tree Fort, a new Barbie, a new doll house, and finally some Barbie slippers. I love you Santa! Merry Christmas.

Love, Amber Cassidy Granger

Dear Santa,

My name is Bradley and I'm five years old. Thanks for last year's gifts, I really enjoyed them. For Christmas this year I would like: Yu-Gi-Oh cards (figures), Spiderman and Green Goblin, Hot Wheels, anything of Harry Potter and Legos.

Love always, Bradley Pidgeon

P.S. Some cookies and hot chocolate will be on the table for you.

Dear Santa,

Hello to Santa and all his reindeer. My name is Courteney and I am five years old. My Christmas wish list is for a piano/keyboard, a Ken doll and a playpen for my baby doll.

Merry Christmas to all.

From, Courteney Kennedy
xoxo

Dear Santa,

My name is Christopher and I'm six years old. I want to thank you for your presents from last Christmas, they were all great. This Christmas I would like: Hot Wheels, Harry Potter stuff, Yu-Gi-Oh stuff, Spiderman and Green Goblin stuff and Legos.

Love always, Christopher Pidgeon

P.S. We will leave some hot chocolate and cookies on the table, take as many as you want.

Dear Santa,

My name is Kamisha and I am eight years old. My Christmas wish is to get a karaoke machine, Walkman and a baby doll doctor's kit.

I will leave you some milk and cookies and carrots for the reindeer.

Thank you, Kamisha Kennedy

Dear Santa,

My name is Britney Disotell and I am three and a half years old. I would like to ask you Santa, if you could please get me a Barbie car and a doll stroller, and my two new stepbrothers, Stephane and Tyler would like to have some Yu-Gi-Oh cards, a hockey stick, stereo, Gameboy Advance and money. My new Stepmom would like my Daddy to buy her a new car (ha ha ha), and my Daddy would like to make his truck bigger and better.

I am in the hospital right now so my Stepmom is writing this letter to you. I would like it very much if everyone in the world got along and nothing bad happens over the Christmas holidays. God bless you and Mrs. Claus. Stay warm.

Love, Britney Disotell

Dear Santa,

My name is Kevin Waldroff and I have been a good boy this year. I would like some puzzles, a monster truck, some little cars, a tiny toy dinosaur and some bubble bath. If I could also have a pair of pants, a shirt, some socks and slippers I would like that too, please. I love movies so if you felt like bringing me some of them I would appreciate it very much. I like the movies Shrek, Rudolph and 101 Dalmations, to name a few. I will leave you some milk and cookies Santa, and I will leave some carrots and sugar for the reindeer.

Love, Kevin Waldroff
Age six years and 11 months

P.S. If you could bring anything for my cat, Smokey, like a new toy, I would really like that and so would she.

Dear Santa,

Hi, my name is Alexis and I am two and a half years old. This year for Christmas could you please bring me a purple car, anything with happy faces on it and a new dolly. Please don't forget my new baby sister, Morgan, who will be here in a few days. She would like a dolly also. Thank you for all the presents last year. We will leave you some cookies and milk.

Love, Alexis and Morgan Lalonde

Dear Santa,

Hello, my name is Zoey Seguin, I am eight years old and I go to Memorial Park School. For Christmas this year I would like a yellow stunt bike from Wal-Mart, a Bop It toy that you pull, clothes and movies of course, and anything else you might want to bring me also. Thanks for all the great presents last year, I really enjoyed everything, and I am sure if you can't get me everything on my list I will love whatever you get me. Also, could you bring my baby brother, Zoltan something extra, extra special even though he is not the best kid at times. I would like him to have something special because I love him lots. And of course Grandma and Grandpa, although Mom can't find anything for them, I know you have something deep down in your bag that is extra special for them. Mom and Dad need something extra special for putting up with me and my brothers all year, and I know that I have not been a total angel. I will leave you and your reindeer a treat and a drink. I hope you have a great trip, and see you next year. Take care.

Love, Zoey Seguin

P.S. Could you please leave my gifts at Grandma and Grandpa's for me to open?

Dear Santa,

Hello, my name is Zoltan Gingras-Seguin, I am just a bit over one year old, and wow, do I ever drive my Mommy crazy. She says I am very, very busy but I am a boy so I have to be. For Christmas I would like anything Pooh and Tigger, they are great! Mommy did my whole room in them. I loved all the great presents you brought me last year. I had help to open the gifts because I just kept eating the paper, it was all new to me and I thought that is what you were supposed to do, only to find a great toy to play with inside. Thanks again! Well, I have a big sister, Zoey and at times she can be quite mean to me but I would like you to bring her something special because when she is nice to me she is really great and I really, really love her lots. My Grandma and Grandpa let me go on the four wheeler and that is fun so could you include something special for them too, because you know I am small and I get into things there and they still love me even though at times I can get myself into trouble. Mom and Dad, well, they deserve something extra special too, because I can sure be a handful at times. I will get Mommy to bake you something yummy for your trip. I hope you enjoy it! Take care! I can't wait to see you!

Love, Zoltan Gingras-Seguin

P.S. Could you leave my presents at Grandma and Grandpa's too, because that is where my big sister wants to open them.

Dear Santa,

My name is Nicholas and I am five years old. Thank you for last year's presents, they were very nice. I've been a good boy so could you please bring me a bike, a watch, Imaginext castles with men, spiderman toys and a Playstation game. Could you also bring some presents for my baby brother Eric and big brother Joey. I'll leave you a snack.

Thank you, Nicholas Bowman

Dear Santa,

Hello, my name is Michel Gingras-Gaspe, I am six years old and I go to Sacred Heart School. This year for Christmas I would like a blue, 20-inch bike, a radio, CDs, clothes and Bae blades. Thanks for all the great gifts last year, and I know if you can't bring all that is on my list I will like whatever you bring. I have a brother, Trevin, who is eight also and I really don't get along so great with him, but seeing how it is Christmas and all, I guess something really cool for him for Christmas would be nice, too. I think Mom needs something nice, too, for putting up with the both of us so if you could leave her something special, too, please. I will leave you and your reindeer a treat for your long trip, I can't wait to see you! Take care.

Love, Michel Gingras-Gaspe

Dear Santa,

I am pretty excited because this is my very first Christmas. I am eight and a half months old and I'm starting to be a very busy little boy - very good, but very busy. For Christmas I would like some new toys. I like anything that lights up and plays music. I would also like some clothes and a sled. Please don't forget to bring presents for my Mommy and Daddy, my Grandparents, my Aunts and Uncles and my friends, Makayla and Jake, who are also celebrating their first Christmas. Even though I'll be in my crib when you arrive, I will leave you some "big snacks" to munch on.

Thank you, Rylan Iwachniuk

Dear Santa Claus,

We hope you have had a good year. I have been a good girl this year, and my new baby brother, Andrew, has been a good boy, too.

For Christmas I would like a doll, some barrettes for my hair and a desk. Andrew would like some trucks, pyjamas and some Lego.

We will leave you some hot chocolate and chocolate chip cookies. We will also leave milk and carrots for your reindeer.

Love, Melanie and Andrew Dixon

Dear Santa,

My name is Skylar and I am one and a half years old. My Mommy is helping me write this letter. I've been a very good girl this year. For Christmas I would like some toys to put in my toy box, some clothes for I am growing very fast and some new movies. Please don't forget my Mommy and Daddy as well as Buster and Lucky, our two dogs. I will leave you some milk and cookies and sugar for the reindeer.

Skylar Boisvenue

Dear Santa,

Hi, I'm a sweet little girl named Marissa. I'm two and a half and I'm growing up fast. I try to be good the way I should. I hope I won't be afraid to sit upon your knee and have a picture taken of you and me. I'll place it close to my Christmas tree. My Christmas wish list for this year is: Cuddly Soft Kelly, Spectra Colour, Play-Doh Dentist, Sock'em Boppers and a Mousetrap game.

Don't forget to bring a little special gift for my Nanny, Poppa, Grandma and Godfather Jim. Place it on the Christmas tree limb. I'll leave you and your reindeer a special treat to eat. I'll be sure to be fast asleep.

Love your little friend,
Marissa Bryan Poitras

Dear Santa,

Hello, my name is Tyler and I am four years old. This has been an exciting year for me, I've started pre-kindergarden at École Rose des Vents. For Christmas I want a pirate, cars, movies and books. I will leave a snack for you and the reindeer.

Tyler Turgeon





CHRISTMAS SAFETY TIPS

Deck The Halls Safely

Indoor Safety Tips

- Examine holiday light strings each year. Discard any with frayed cords, cracked lamp holders or loose connections.
- Unplug light strings before replacing bulbs. Check to ensure replacement bulbs match the voltage and wattage of the original bulb.
- Ensure that bulb reflectors are the right size for the light string.
- Look for the CSA mark on light strings, extension cords and electrical decorations.
- Always turn off Christmas lights when you leave the house unattended or when going to bed.

Enjoying Your Winter Wonderland

Outdoor Safety Tips

- Before working with outdoor wiring, turn off the electricity to the supply outlet and unplug the connection.
- Ensure that light strings, cords, spotlights and floodlights are CSA-certified and marked for outdoor use or wet locations.
- When hanging lights outdoors, keep electrical connectors above ground and out of puddles and snow, as well as away from metal eavestroughs.
- Use insulated fasteners rather than metal nails or tacks to hold light strings in place.
- Bring outdoor lights inside following the holidays so they are not damaged by extended exposure to harsh weather conditions.
- Use a CSA-certified outdoor timer to switch lights on and off. Lights should be turned on after 7 pm to avoid the "electricity rush hour".
- Whenever possible, connect all outdoor lighting into receptacles protected by weatherproof ground fault circuit interrupters (GFCI). A GFCI can provide protection from electric shock as it senses leakage current to ground and cuts the electrical power immediately.

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Saturday & Sunday
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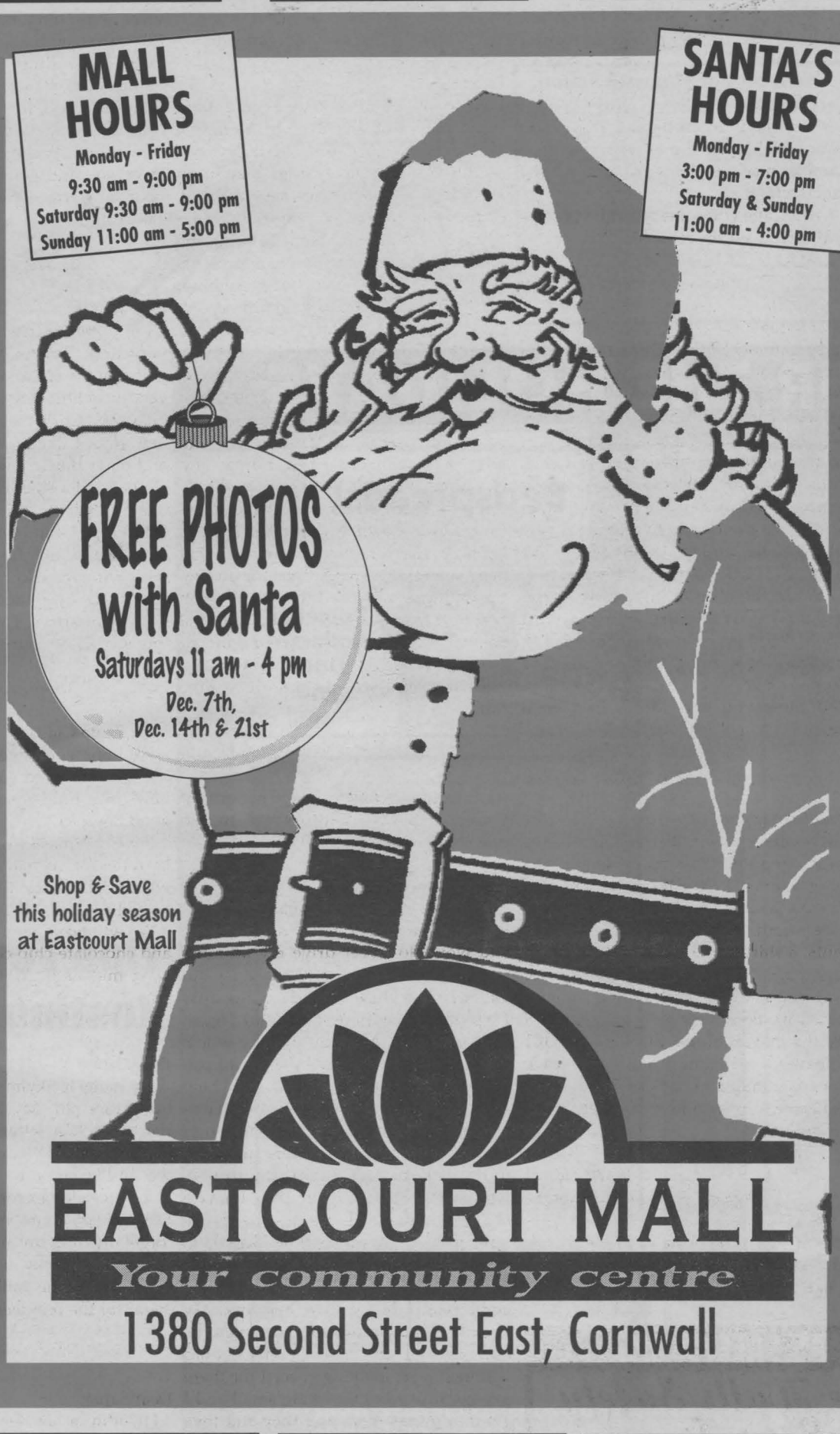

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Gift Guide

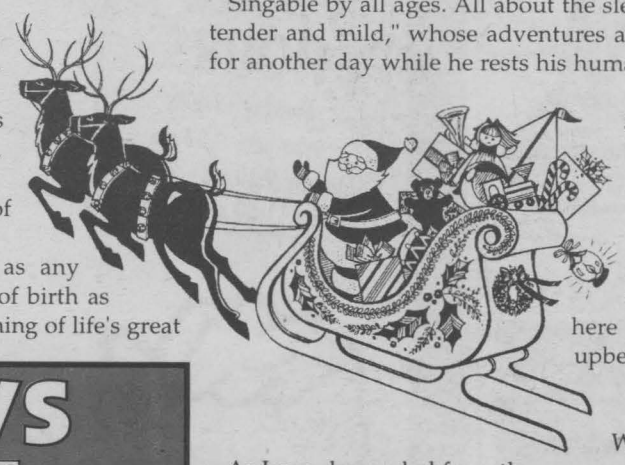


Top 10 Christmas Carols (Devotional)

1. "O Come All Ye Faithful"
The thrice-repeated line "O come let us adore him" mirrors the spirit of awaiting and arrival by starting as a faint beckoning, then ending as a triumphant shout of praise.

2. "O Holy Night"
Stirring, melodic, slow and patient. A tour de force for any great singer, such as opera's Robert Merrill.

3. "O Little Town of Bethlehem"
Expresses, as well as any other tune, the sense of birth as the small, quiet beginning of life's great adventure.



4. "Silent Night"
Singable by all ages. All about the sleeping "holy infant, so tender and mild," whose adventures and triumphs can wait for another day while he rests his human form.

5. "Angels From the Realms of Glory"
This is such an important occasion that everybody's got to start singing about it, and not just here on Earth. A rousing, upbeat anthem.

6. "Do You Hear What I Hear?"
As Jesus descended from the heavens into a tiny human baby's body, so this song starts by telling of a star "dancing in the night/With a tail as big as a kite," then, verse by verse, leads us to "The Child, the Child, sleeping in the night."

7. "Go Tell It On the Mountain"
The African-American gospel-music tradition at its most exhorted.

8. "Joy To the World"
Loud, strong, unabashed praise. "Repeat the sounding joy!"

9. "What Child Is This"
Usually sung to the elegant British folk tune "Greensleeves," a solemn message of assurance and proclaimation: "This, This is Christ the King."

10. "I Heard the Bells on Christmas Day"
A reminder to all who find the world's not quite gotten to "Peace on Earth" that there's still hope as long as "The old familiar carols play."

Tips For Responsible Hosting

10. Don't plan physical activities when you serve alcohol. People are generally more prone to injury or mishap after drinking.

9. Always provide low-alcohol and alcohol-free beverages such as mocktails, non-alcoholic punch, pop, bottled water, tea and coffee.

8. Serve snacks with drinks and always have food available throughout the party to avoid drinking on an empty stomach. Avoid serving salty, sweet or greasy snack foods as guests will become thirstier. High-starch and protein foods such as meats, veggies, cheeses, light dips and breads are good choices.

7. Be prepared for overnight guests.

6. Serve drinks yourself or designate a bartender instead of having an open bar, as guests usually drink more when they serve themselves. Avoid serving doubles and keep a shot glass or jigger next to the bottles – good measurement makes a difference.

5. Have a plan to deal with any guest who drinks too much. Before the party, ask someone reliable to help you keep things under control.

4. Find out how guests will be getting home from your party. Promote the use of designated drivers and keep cash and telephone numbers on hand for taxis. Encourage your guests to leave their cars at home and take public transportation, cabs, or walk. Be prepared to take away car keys. Never drink and drive or ride with anyone who has been drinking.

3. Stop serving alcoholic beverages at least an hour before the party is over. Bring out more alcohol-free drinks (bottled water, juice, coffee and tea) and food. Remember that having coffee after drinking doesn't make you sober.

2. Plan ahead so that it's easy to follow this advice.
and the number one party tip is...

1. Don't drink too much yourself. As the host, you can stay on top of, and avoid, potential problems when you can think more clearly and act more quickly.

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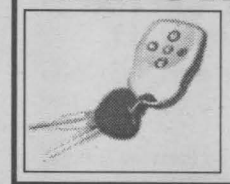
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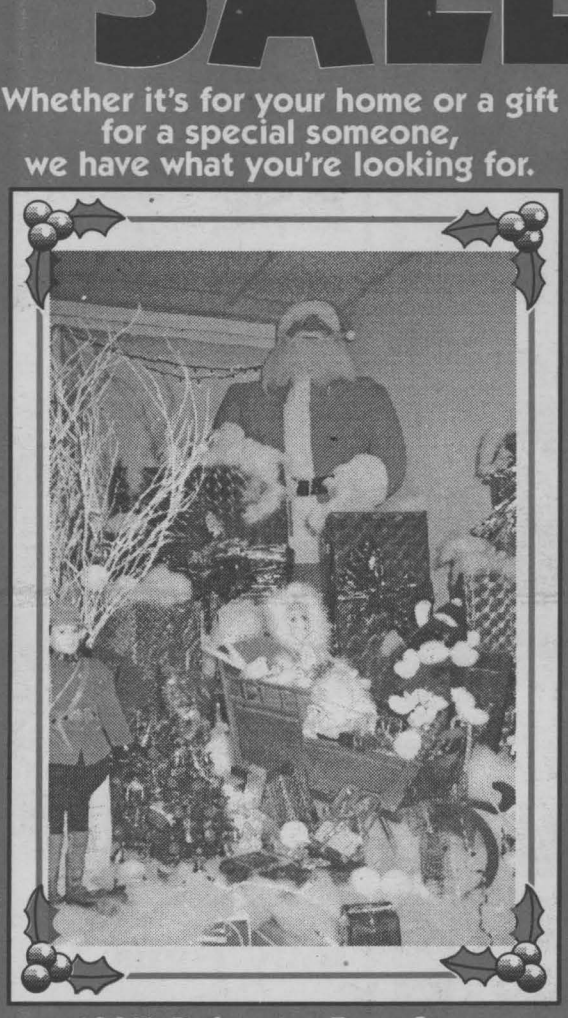
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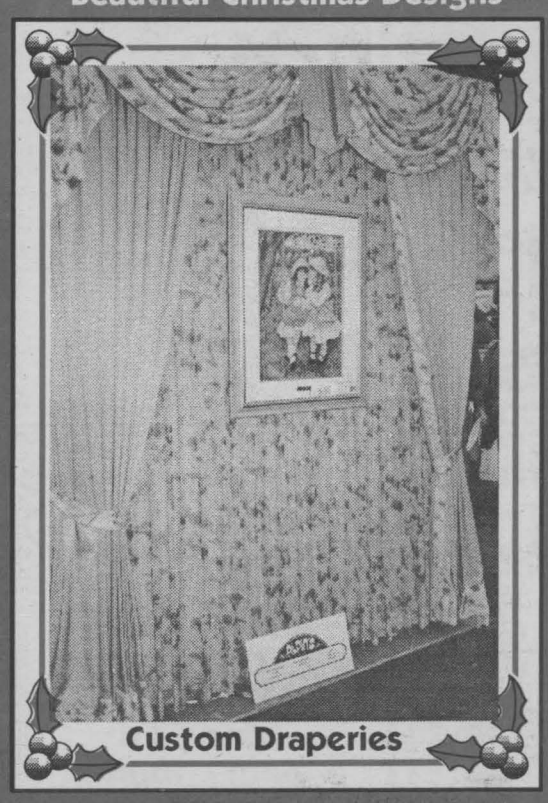

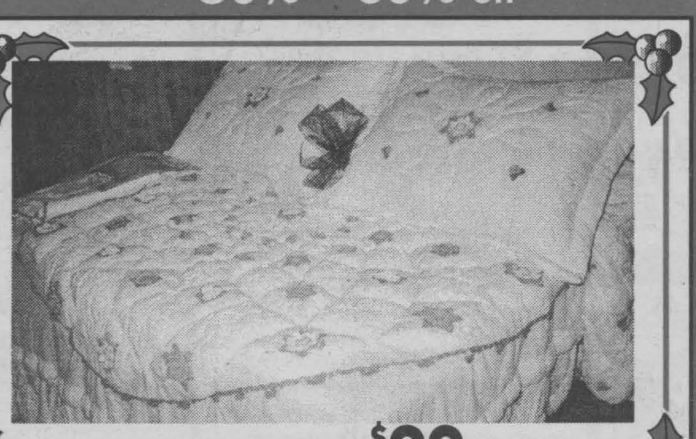
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Gift Guide

Sears Cornwall Helps The Snowsuit Fund



Sears Canada in Cornwall is offering their help with the Cornwall Snowsuit Fund by the sales of their plush Flurry doll. With every Flurry sold, 50 cents goes to local area needy. On Saturday, November 30th, 2002, "Twinkle the Reindeer" and Cornwall Sears Store Manager, Steve Harding, spent the day passing out candy canes and Flurries to visiting children.

Photo by Chris McPhee

Selecting A Christmas Tree

A few simple procedures can make the selection of a fresh, real Christmas tree easier:

1. Determine where in your home you will display your tree. With this in mind, you will be able to tell how tall a tree you will need and whether all four sides must be suitable for display.

2. Freshness is an important key when selecting your tree. The needles should be resilient. Take hold of a branch about six inches from the tip, between thumb and forefinger. Pull your hand toward you allowing the branch to slip through your fingers. Needles should adhere to the branch and not fall off in your hand.

3. Bend a needle between your forefinger and thumb. The needle should form a "U" without breaking unless the tree is frozen.

4. Lift the tree a couple of inches off the ground, then bring it down abruptly on the stump end. Older outside needles should not fall in substantial numbers. (Inside needles shed naturally every year).

5. The tree should have a fragrance and a good green colour.

6. A fresh tree will retain its moisture content and thereby keep its fragrance and needles if kept in a stand that has good water-holding capacity.

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POIRIER FURNITURE
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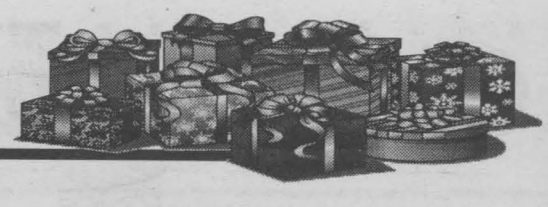
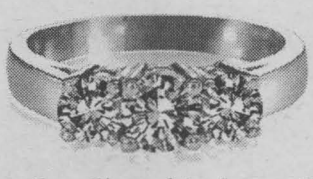
Gift Guide





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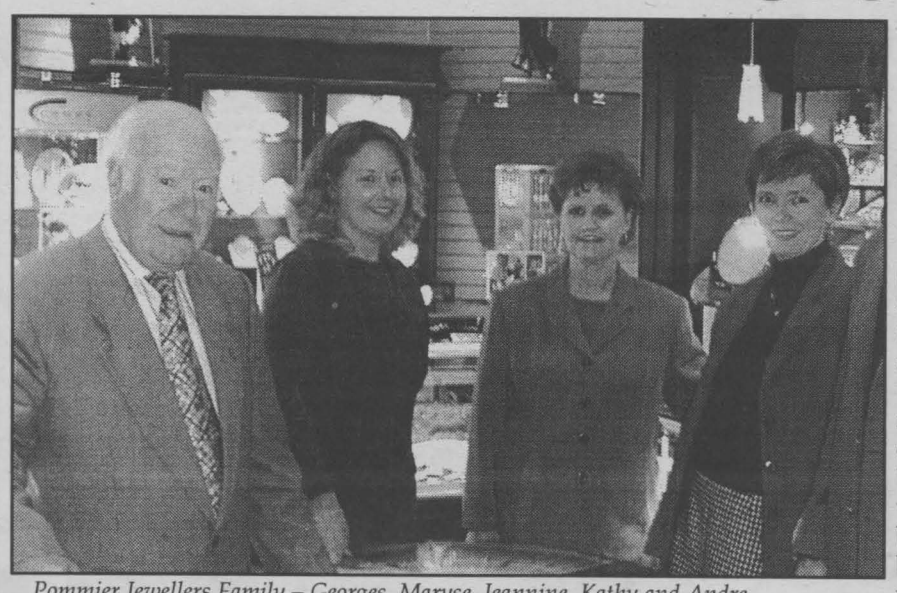
Pommier Jewellers - A Legacy Of Tradition



Pommier Jewellers Family – Georges, Maryse, Jeannine, Kathy and Andre.

"We are a family business and our customers are part of that family," observed Andre Pommier, talented goldsmith and fine jewellery merchant. "Taking care of people and maintaining the legacy of my great-grandfather is important to us. All of us here have that sense of responsibility to our many customers as we tend to their jewellery needs."

Today's Pommier Jewellers has a legacy of 65 years in the City. To celebrate the event and to give back to a community that has supported them for so many years, they are launching a new tradition. Pommier is introducing "The Magic of Christmas," a stunning, hand-crafted sterling silver Christmas ornament. This will be the inaugural year for the timeless piece and each year hence, a new theme will be created.

The Magic of Christmas–Inaugural sterling silver Christmas ornament, $20. All proceeds going to the United Way.



"Because it's the first year for the ornament, we want to make it extra special," enthuses Andre. Giving to the United Way is one thing we will do. However, we also plan to inscribe a number on the back of each ornament sold. Then, between Christmas and New Year's, we will hold a draw and some lucky customer will win a spectacular Canadian Sirius Polar Bear diamond valued at close to $300!"

As an additional part of its 65th anniversary celebration, the Pommier family have redesigned their beautiful shop to give it a fresh comfortable appeal. "We want time to vanish for our customers as they comfortably wander among the glittering displays of sparkling rings, tasteful bracelets, and a vast array of quality time pieces," says Andre. "We believe the newly designed showroom will make it even easier to shop. We're excited about the new look and we hope people will drop by for a visit."

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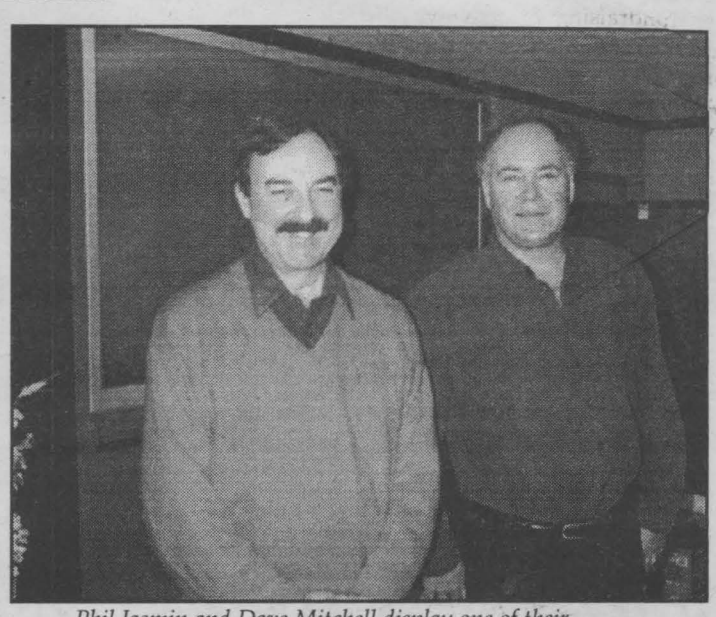
Bill Mitchell Stereo Plus - A Family Affair

In 1956, Bill Mitchell Sr. opened the business to offer leading edge TV and stereo products to Cornwall and surrounding area. "This has been a family run business ever since my father began," says Billy Mitchell Jr., owner of Bill Mitchell Stereo Plus. This is quite obvious to anyone that is acquainted with the Mitchell family. Bill Sr. has since retired, but Bill Jr. often looks to him for advice. Bill Jr. is presently the owner. David, Bill's brother, is a salesman, and now Travis, Bill's son, is also working for the business.



Phil Jasmin and Dave Mitchell display one of their many in-stock large screen TVs.

It has been one year since Bill Mitchell, owner of Bill Mitchell Stereo Plus became a member of the Stereo Plus Group of retailers. It has been a proven fact that in the past year they have taken advantage of a greater selection and more quality name brands with lower prices for home and car, audio and video. "These savings have been passed on to our customers," states Mitchell.

After expanding with a much larger showroom area, and with two additional sound rooms, customers can view and listen to home theatre just as it would be in their own home. They offer quality name brands in TV and home audio. Bill Mitchell Stereo Plus also offers the largest selection of car audio and accessories in Cornwall and area. With the ever changing and updating of home and car audio, from VCRs to DVD players, to Satellite TV, Bill Mitchell Stereo Plus has kept up with the times. They also offer in-store financing to suit any budget. Their professional sales, service and installation staff speak for themselves. Come and meet them for yourself: Bill Mitchell, Owner; David Mitchell, Sales; Travis Mitchell, Sales and Service; Phil Jasmin, Sales; Marcel Roy, Satellite Installer; and Alain Montpetit, Service.

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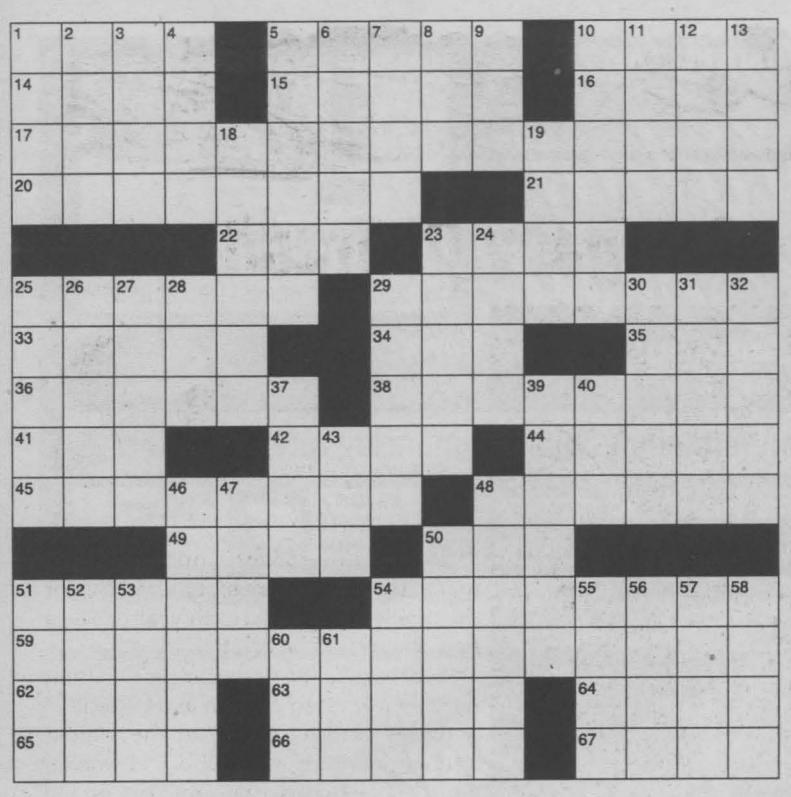


CROSSWORDS

CLUES ACROSS

1. Stake
5. Seaport in Cameroun
10. Adam and Eve's third son
14. Judges' journey
15. Implant
16. Developer of sign language
17. Flowering plant
20. Nightengale, for example
21. Imperial decree
22. Drink
23. Foot
25. Whale
29. Nodule or swelling, esp. a lesion characteristic of tuberculosis
33. Type genus of the Laridae
34. Limonite, for example
35. Respectful, abbr.
36. Becomes
38. Type of motor
41. Raincoat
42. Soft-finned fishes
44. Claudio ___, Chilean pianist
45. Sparid fishes
48. Polished
49. Enter upon
50. East northeast
51. Allegheny plums
54. Gets excited
59. Christmas request
62. Lake ___, one of the Great
63. Carry out systematically
64. Puerto ____
65. Anglo-Norman poet, c.1170
66. Makes a choice
67. Arthur ____, tennis champ

CLUES DOWN

1. Dried leaves of the hemp plant
2. Bird genus
3. Algerian city
4. Patty ____, golfer
5. Offers resistance
6. Shade
7. In bed
8. Permit
9. Internal secretion
10. Searcher
11. Displacement unit
12. Placements
13. Pigment
18. Blind
19. Clare Booth ____, American writer
23. Brazilian river
24. Encourage
25. Negative remarks
26. ____gue, a tirade
27. Chilean seaport
28. Type genus of the Muridae
29. Slaves
30. Lake algae
31. Navigational device
32. Render able
37. Visionary
39. Most inhospitable
40. Shape into a sphere
43. Sea eagle
46. Flycatcher
47. El ____, Texas town
48. Coalesces
50. Max ____, Dadaist painter
51. Merganser
52. Constellation
53. About ear
54. Swine
55. Biu-Mandara
56. Flower arrangements
57. Make into a print
58. Apparel
60. TV is transmitted at 30 ____
61. Letter of the alphabet

SOLUTIONS ON PAGE 32

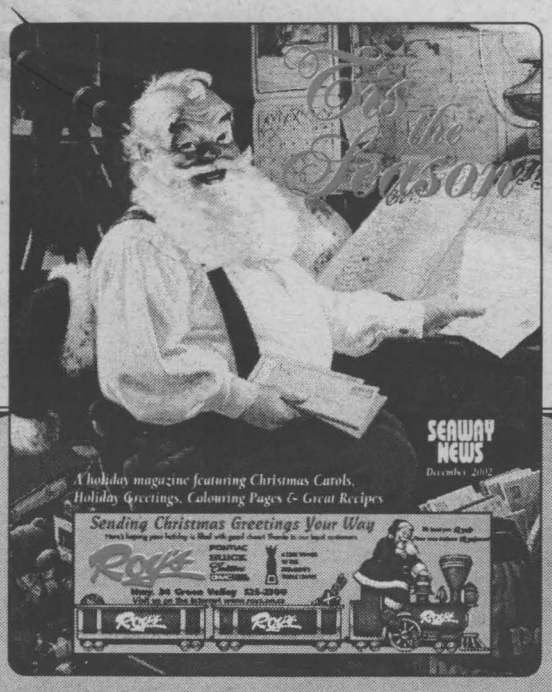
Nature Conservancy Needs Funding

The Nature Conservancy of Canada (NCC) needs to raise an additional $310,000 by Tuesday, December 17th, 2002 if it is to protect the majority of the Alfred Bog.

Located about 70 kilometres east of Ottawa, Alfred Bog is Southern Ontario's largest and highest-quality bog ecosystem. NCC negotiated an option to purchase the largest remaining private landholding in the Bog in April 2002. Since then it has been fundraising to actively meet the costs of the $2.5 million project.

All levels of government have supported NCC's efforts to acquire the property, including matching contributions from provincial and federal government agencies. "We have received tremendous support from the private sector, but still need an additional $310,000 to complete the project," said John Grant, NCC's Regional Director for Ontario. "We appeal to those who can make a gift to contact us immediately and help us protect this ecological gem!"

To make a donation or to learn more about the Alfred Bog, please call 1-877-343-3532 extension 237 or visit www.natureconservancy.ca.



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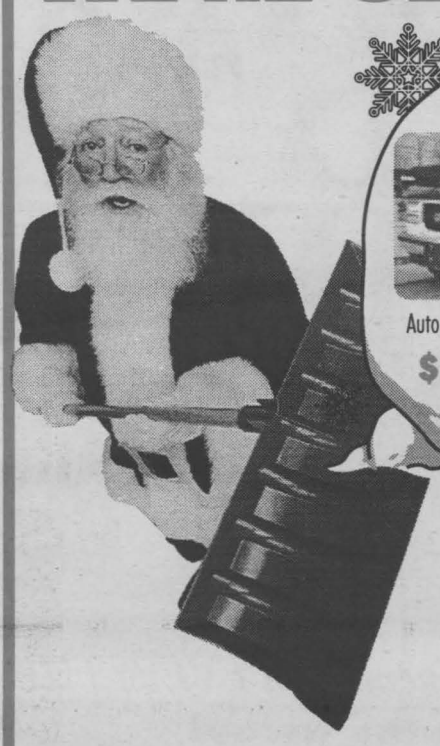

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00 FORD WINDSTAR SEL
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98 CHEV VENTURE LS
Auto, 6 cyl, green, stk# 23-094-1
$89.00 bi-weekly*

00 PONTIAC GRAND AM
Auto, 6 cyl, air, pwr grp, stk# 4459
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00 CHRYSLER NEON
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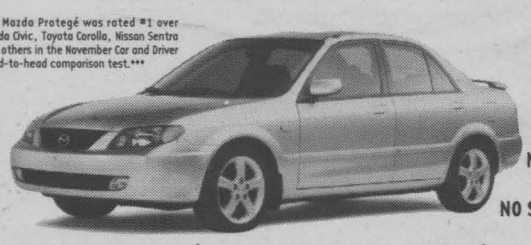

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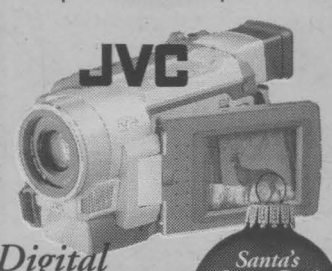

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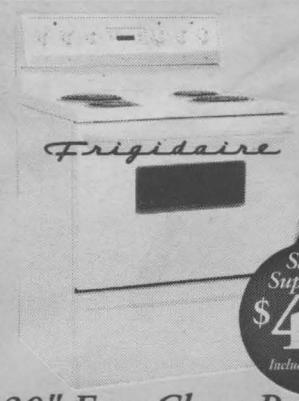

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